

A Marriage Minute

to help your marriage be just a little better today.



Be an Encourager

"Therefore encourage one another and build each other up, as you are doing." 1 Thes. 5:11

There may be days when we just want the world to go away. We would rather stay in bed and pull the covers up over our heads than have to deal with

life. Thank God Jesus didn't take that attitude. He knew full well in those last days that he would be betrayed, denied three times by one of his closest friends and then crucified, (--talk about a reason to get the blues!) Yet he would still press on because of his commitment to the Father. Jesus was our example. He could have called legions of angels to set him free, but he chose to sacrifice himself for us, because he loves us. God knows the trials and tribulations of your heart, He knows sometimes you are hurting beyond what you feel you can handle. Sometimes we must do as King David did when there was no encouragement to be found anywhere. He encouraged himself in The Lord. Our Heavenly Father is right there to hold our hand, to hug us, and to lift our chin so we can concentrate on Him. As we press forward into our day, let us think of our spouse, our children. How can we, as servants of the Lord, children of the Most High, imitate Christ, and encourage ourselves in The Lord, then bring words of encouragement to them?

Study your spouse, and your children. Then ask God to let the gift of encouragement be stirred up within so that you may be a blessing to someone else, instead of a lump under the sheets doing good for no one. Encourage yourself in The Lord, and then encourage another.

Question for the both of us: When are there times that you need particular encouragement? How can I encourage you better?

Prayer For Both of Us: Lord, help us to be encouragers, uplifters, not discouragers and wet blankets. Help us to be a blessing to one another, and a reminder of the wonderful life we have in you.

This Marriage Minute was brought to you by Marriage & Family Savers Ministries. Visit them at www.marriageandfamily.org.

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