

## A Marriage Minute

A simple help to make your marriage just a little better this week.

### THE COCKLES OF YOUR HEART

*“May our Lord Jesus Christ himself and God our Father... encourage your hearts and strengthen you in every good deed and word.”  
--2 Thess. 3:16,17*

This morning Penny was sitting at the breakfast table feeling somewhat chilly, so I asked her affectionately, “Well Hon, what can I do to warm the cockles of your little heart?” Then I said, “What in the world are ‘the cockles of your heart?’” I realized I had no idea what cockles are, but I guess I must have heard that phrase somewhere, and my warped brain’s sense of random retrieval just pulled it out before I realized I had no clue what it means.

So we pulled out the American Heritage Dictionary, and this is what it said about cockles: “Any of bivalve mollusks of the family Cardiidae having rounded or heart shaped shells with radiating ribs.” Well, that surely didn’t help, but then four definitions down after a couple of things about ribs and wrinkles it said, ‘one’s inner most feelings as in the idiom, ‘the cockles of your heart.’ That’s it! That’s what I want to do. I want to warm the little wrinkles in Penny’s heart, that innermost place beyond the reach of physical expression. It’s spiritual!

So we left the breakfast table and headed for the office still somewhat chilled on the outside, but with a new sense of mission and adventure: How can we warm the cockles of one another’s hearts? It’s OK; it’s not a bad word; it’s a new challenge.

**Prayer For The Both of Us:** Lord, help us to be mindful of ways we can warm the cockles of one another’s hearts. Give us the insight, the wisdom, the power and the grace.

This MARRIAGE MINUTE is brought to you by Marriage & Family Savers Institute. Visit them at [www.marriageandfamily.org](http://www.marriageandfamily.org).

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