

## A Marriage Minute™

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



### *EXPECTATIONS!*

*“The wages of sin are death, but the gift of God is eternal life in Christ Jesus, our Lord.”*  
—Romans 6:23

C.S. Lewis said that *“there is nothing better than a Christian who knows himself, and no Christian who knows himself would dare think he deserves anything better than hell.”*

C.S. Lewis was simply communicating the Gospel truth that if we received what we truly deserve we would all be burning in Hell. Because we are all sinners that’s the only thing we have a legitimate right to; anything more is a bonus. How does that principle affect our relationships? If I expect dinner on the table at six o'clock sharp each night, when it's there I don't get too excited, because after all, it's expected. If it isn't there, look out! I get angry and everybody pays! Now if I don't expect it, and it's not there, I won't get upset; I didn't expect it. If it is on the table, wow! A bonus! I'll appreciate it because I didn't expect it. Apply the same principle to every part of your relationship, and you'll see that most of your anger and frustration comes because you're not getting something you expect, which you think you have a right to. Lower your expectations. If you expect nothing, then everything will be received as a gift. Your heart will reflect gratitude. That's where we want to be. Be careful not to insist on what you deserve. You might get it as C.S. Lewis reminds us. Be grateful. Be thankful, and begin working together from that place of mutual appreciation. If you woke up this morning to discover you were *not* burning in Hell, then you're already ahead of the game. Everything else is a bonus. So make no expectations or demands, but receive one another as a gift of God's grace.

Question for the both of us: What kind of expectations do we have of one another that cause us to feel disappointment and frustration? What can we realistically expect?

Prayer for both of us: Lord, help us to realize that the only thing we deserve is hell, and that everything else is a gift of your grace, especially our mates.

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

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