

A Marriage Minute™

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

EYES ON THE DONUT



"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable -if anything is excellent or praiseworthy- think about such things." -Philippians 4:8

The apostle Paul gives us the secret to maintaining a positive attitude toward our marriage in this passage. You see, there are positives and negatives in every marriage --something we all have in common. We all have certain blessings, gifts and things that God has done in our marriages, and we all have problems, and things that God hasn't done for us. That's not the issue. The issue is, "Where do we spend our mental time? Do we dwell on the things that God has done for us, or on the things that God hasn't done for us?" That's the difference between having joy and peace and being miserable the rest of your life. Where are you mentally dwelling? What is your mental address? I'm not saying we shouldn't acknowledge the negatives. That's just as dangerous. We need to bring them into the light and deal with them appropriately. But don't live in the negatives. Find whatever is good, whatever is right, whatever is praiseworthy, and magnify that, and guess what: You'll have more! The bottom line is that whatever you're dwelling on will reproduce itself in reality whether it's positive or negative. So you may as well work on reproducing the positives. As a famous philosopher once said, *"As you travels through life's journey, no matter what the goal, keep your eye on the donut, and not on the hole."* The donut represents the substance of what we have. The hole represents what we don't have. Keep your eye on the donut, not on the hole!

Question to Ask Each Other: What is good and right and admirable in our marriage? How can we remind each other to keep our eyes on the donut and not on the hole?

Prayer For Both of Us: "Lord. Help us to remember our blessings and the gifts you have given us. Help us keep our eyes on the donut and not on the hole."

*This Couples Devotional is brought to you by Marriage & Family Savers Institute.
Visit them at www.marriageandfamily.org*

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