

A Marriage Minute

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

HULA HOOP THERAPY

“Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight...”-Psalm 51:2

Imagine holding a hula hoop around yourself at waist level. Then repeat these words: “Everything inside this hula hoop I am responsible for and I can change with God’s help, (My actions and my thoughts). Everything outside this hula hoop I am not responsible for and I cannot change, (Your actions and your thoughts).”

The husband is fully responsible for everything inside his hula hoop. The wife is fully responsible for everything inside her hula hoop. We need to take ownership for everything inside our respective hula hoops.

Furthermore we need to keep out of each other’s hula hoop. Wife, you can’t change hubby. Quit trying. Get out of his hula hoop. Husband, you can’t change wife; quit trying. Get out of her hula hoop. Worry about changing yourself, and by your example others will be influenced to positive change. That’s leadership.

Prayer For the Both of Us: Lord, help us to take full responsibility for everything inside our own hula hoops, and help us to keep out of each other’s hoop, as you’re working in each of us to build a marriage that reflects your nature.

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