

A Marriage Minute™

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

live
in the
moment

IN THE MOMENT

"Do not merely listen to the word, and so deceive yourselves. Do what it says."

--James 1:22

Quite often we hear in the counseling room, "I love my wife, (or my husband)," but he (or she) gets me so angry that I can't control myself in the moment. Bingo! That's where the problem is; it's "in the moment." If we are not loving "in the moment" then we are not loving at all. One cannot say "I love you" while at the same time acting with anger. The two are mutually exclusive. That's like saying I'm a great Mets fan but I never watch a game or follow their scores, or saying "I have a million dollars for you in my bank account but never withdrawing a penny for the individual. Actions are not consistent with the words, "in the moment," and that's where it counts. Love is not conditioned on the actions of the other person; it is unconditional; it is "in the moment". Even Jesus told us "What good is it to love those who love you, for even the Pagan do that" (Luke 6:32). What he is saying is that godly love, loves "in the moment" regardless of ones circumstances. Yes, I know it's not natural. It requires the Holy Spirit, because it is the love of God, His love expressed through His disciple--that's you--in the moment!

Question for the Both of Us: Do my actions in the moment communicate my love for you? Can you explain?

Prayer for the Both of Us: Lord, help us to communicate in truth and grace and love in the moment.

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

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