

A Marriage Minute™

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

Love is patient, love is kind,"

--1 Corinthians 13:4



What is "kind"? I mean, it's a nice sounding word, but where can we see it in real life, particularly in this fast paced society where everyone is busy expressing their anger and demanding their rights? After all, when was

the last time you even heard the word "kind" on a TV sitcom other than when someone tried to decide what "kind" of pizza to send out for. Unfortunately, kindness is not exactly in vogue in our culture, but it's absolutely essential for a healthy loving relationship. So we need to swim against the modern currents to do what Paul tells us: "...be tenderhearted and kind." Kindness can best be seen and heard in our tone of voice. Is there a tender heart behind the way we address one another? Or is there gruffness, hardness? Do we sound annoyed, angry or frustrated? If that's the case, we need to choose to be tenderhearted and kind. We need to replace our gruffness with softness, our insensitivity with tenderness. One way to do this is to think about your spouse, "I love you" before you speak. Just bringing that truth to mind will change your countenance and the very spirit behind your words. It's easy to be angry, frustrated or annoyed. That's natural. Let's choose to do what's unnatural: be tenderhearted and kind. To the extent that we are being kind we are loving. To the extent that we aren't being kind, we are not loving. That's the plain and simple truth.

Question for dialogue: "When do we find it most difficult to be tenderhearted and kind to one another? How can we work on reminding ourselves to be gentle, soft, tenderhearted and kind?"

Prayer for both of us: "Lord, help us to be tenderhearted and kind with one another. Remind us to think, "I love you." before we speak. Help us to model that tenderhearted and kind demeanor for our children.

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

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