

## A Marriage Minute

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

### SOBER JUDGMENT



*“For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you.”* –Romans 12:3

As we look forward to the new year it’s important to look with the eyes of faith, and yet with eyes of sober judgment. In the same way we are not to think of ourselves more highly than we should, neither should we expect from others changes or growth that is just not realistic considering their history and temperament. To set such an unrealistic standard for others will just leave you angry and frustrated when they don’t live up to the standard you think they “should.” Forget about the “shoulds.” If that is your standard of measure then no one will measure up, and you will only be angry and frustrated. Learn to relate to “*what is.*” Be content in whatever state you’re in. Being content doesn’t mean being complacent. You can still go on to bigger and better things, but learn to accept one another, just as you are. After all, doesn’t God accept us the very same way? Shouldn’t we be able to accept one another “*as is?*” Save yourself a lot of anger and frustration in 2008. Learn to make sober judgment and bring expectations in line with present realities, and rejoice in the Lord anyway as we continue to strain forward for the prize!

**Prayer For The Both of Us:** Lord, help us to bring our expectations in line with present realities so that we can accept one another with grateful hearts. Then help us to grow as you raise the bar so that Christ will be seen in our marriage.



This MARRIAGE MINUTE is brought to you by Marriage & Family Savers Institute.  
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