

# HEALING THE PAINS OF MARRIAGE

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Marriage, though entered into for happiness sometimes brings a lot of pain, some avoidable and some unavoidable. Some are easy to heal and overcome and some are very difficult to overcome and heal. When events or circumstances that cause pain occur, effort must be made to heal the pain immediately without letting it get deeper into the heart and cause more harm. When offence is committed against a spouse by the partner, if dwelt on negatively will begin creating pain in the mind. The more the thoughts towards what was spoken or done are negative, the deeper the pain and the more difficult healing become. The more time is wasted in forgiving your offender and burying the matter, the deeper the pain and the effect on your relationship.

When pain is left to grow and take its toll without effort being made to address it in a marriage, the marriage will start losing steam, and soon it will collapse as the couple harbour grudges in their minds against each other, and think, talk and act under its influence. It must be stated clearly here that everyone speaks, feels and responds and acts based on his thoughts. Our thoughts influence and control us. So, when negative thoughts over the happenings in our relationships are allowed to occupy our minds, it starts influencing and controlling our thoughts, words, responses and actions towards our spouse, children, in-laws, friends of our spouse, and the world around us. Definitely, the atmosphere in our homes will change from the usual loving and exciting atmosphere to a tensed, filthy, offensive, violent, bitter, distressed and depressed atmosphere.

*Prov 27:19*

*19 As in water face answers to face, so the mind of man reflects the man.*

*RSV*

Just as a man's face reflects on water so a man's life reflect his thoughts, or in another words, his thoughts reflect in his life. This means that a man's life is a reflection of his thoughts. The thoughts that you think express themselves in your words, emotions or feelings and actions. Every man talks the way he thinks. Every man feels the way he thinks. Every man acts the way he thinks. Your life is a product of your thoughts. If you therefore allow painful thoughts arising from your experience in marriage to build up within your mind, you make it extremely difficult for your marriage to maintain its vitality and sweetness, and healing to take place. So, rather than pile up offences in your mind, it is important that you learn and form the habit of dealing with, and overcoming negative experiences in marriage without allowing pain to settle and grow in your heart.

## STEPS TO HEALING THE PAINS OF MARRIAGE

- 1. Always remember it is your duty to keep your marital vows that you made before God and many witnesses.**

When vows are made, they that made it have the responsibility to keep it till death. It is therefore mandatory that you do everything within your power to make sure that you keep your marital vows. The essence of marriage is for happiness in togetherness. This purpose must be kept in view as you live together with each other and as you go

through the ups and downs of relationship. This requires that you think thoughts, make decisions, speak words, respond and react in such a way that your relationship is kept intact and flourishing in love.

**2. Resolve in your heart to make your marriage work and a happy one no matter what happens.**

Success starts with a decision to succeed. Where there is no firm resolve, there can be no achievement. Your marriage will not work until there is firm resolve to make it work. The resolve to succeed will restrain you from certain thoughts, decisions, words, and actions that have the capability to weaken your love for each other and jeopardize your marital relationship. Once this all important decision is made, abide by it no matter what. When the pressure becomes too much on you, call upon the Lord and He will help you by His Holy Spirit and you will be strengthened to continue holding on and making your marriage scale through all hurdles against it. Never forget that wishing for a successful marriage will never make your marriage successful. It takes hard work born out of a firm resolve to be happy in marriage to make it a happy and successful marriage.

**3. Always remember it takes two to make a marriage succeed or fail.**

No one person can make a marriage work. It takes the two in the relationship to make marriage successful. If it fails, it is the two that will be held responsible. This requires that the husband and wife should do all that are necessary to make the marriage succeed. Pointing the accusing finger never gets anyone anywhere. It takes two to quarrel. It takes two to have a fight. It takes two for malice to succeed. It takes two to make the atmosphere in the home to be a peaceful, happy and charming one. This means that if there is a problem, both of you played a part in it, and if there is going to be a resolution of the problem, two of you will have to be involved. This also means that selfish thoughts, decisions and actions will have to be eliminated from your lives to make your marriage peaceful, happy and enjoyable. This also means that the pain in your heart was not caused by your partner alone, you contributed to it in one way or the other though you may not have realized it yet, but if you look critically at all that transpired from the beginning, and you will by the Spirit of God see the part you played. This understanding will help you see that your bitterness is not as justifiable as you think it is. Let this understanding help you deal with the bitterness in your heart and let love flow freely.

**4. Your spouse is not the only one with a problem; you too have your own weaknesses.**

It is true that the scripture teaches us that we are perfect in our spirits, but in conduct, we are still learning and disciplining ourselves to manifest perfection. This means that there are one or more weaknesses in each person, and that includes you. This means that your spouse is not the only one with a weakness or responsible for the wrong happenings in your marriage. You have your own contributions to all the ugly and unpleasant things happening in your marriage. So, when you fight your spouse over what he or she has said or done that offends you greatly, remember, you too say and do wrong things as well. If you continue to hold grudges against your spouse refusing

to forgive and let go, you are not helping your marriage, for if your spouse does the same thing to you, the atmosphere of your home will be charged with bitterness, hate and violence. Before you point the accusing finger, first find out what role you have played in creating the circumstance you find yourself in. Learn to fix the problem and not to point the accusing finger for it does not help in anyway.

**5. Manage your thoughts especially during and after offences have been committed against you.**

Thoughts are powerful, so powerful that they can make you succeed or fail in life pursuits. It influences and controls our words, emotions and responses and actions. It is therefore very necessary that you watch over your thoughts all the time to make sure the wrong things don't take over or occupy your mind especially during and after offences have been committed against you by your spouse. Keeping evil out of your thoughts will enable you control your response and reaction. To conclude right, you have to think right. To have the right emotions or feelings, you have to think right. To control your words, you have to control your thoughts. To manage situations, you have to resist the temptation to think negatively about the offence committed against you and the circumstance surrounding it.

*Prov 4:23*

*23 Above all else, guard your heart, for it is the wellspring of life.*

*NIV*

*Prov 4:23*

*23 Be careful how you think; your life is shaped by your thoughts.*

*GNB*

**6. Forgive and refuse to pile up offences in your mind.**

Forgiveness is the healing balm of relationships. Without forgiveness, no relationship will survive the pressures on it. Train yourself to forgive when offended. Jesus taught that we should forgive as many times as we are offended. That is not a license to continue doing evil against your fellow man, but to make sure that peace reigns and that one does not carry evil and destructive burdens in the heart. Bitterness destroys the one that is bitter and the relationship he has with the one he is bitter with.

*Matt 18:21-22*

*21 Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? Till seven times? 22 Jesus saith unto him, I say not unto thee, until seven times: but, until seventy times seven.*

*KJV*

To heal the pains of marriage, forgiveness must be practiced. It is to a man's glory to overlook an offence.

*Prov 19:11*

*11 A man's wisdom gives him patience; it is to his glory to overlook an offence.*

*NIV*

Overlooking offences, does not mean weakness on your part and does not bring you low before your partner. In fact, it proves that you are mature, godly and full of love; and before God, you are highly rated and honoured. There is no offence that cannot be forgiven. The scripture instructs us to forgive as God in Christ forgives us. He forgives and does not remind us again about our sin. This means that forgiveness is the conclusion of a matter. It is the closing of a case. So when you forgive your spouse, see that case as closed and never refer to it again as long as you live. Every fresh incident should be treated as a fresh case and reference should not be made to the previous and settled matters.

Never keep malice with your spouse no matter what happens. Constantly overlook offences as you continue to pray for God's help to cope, overcome and to change your spouse.

**7. Choose to heal the pain than keep it and letting it grow.**

Decide in your heart to heal the pain from your marriage than letting it grow. If you really want to make your marriage successful, you have to let go and allow God to heal your heart. Your anger in the first place is not to harm your partner but to stop him or her from hurting you and killing your love. If this is true, then you have no other choice than to let go and let God heal your hurt. Do not let hurts pile up in your mind, but let God in, so He can heal you perfectly.

**8. Focus more on the good in your spouse than the wrong things you see and encounter in his or her life.**

Focusing on the faults and weaknesses of your spouse will only increase the pain in your heart, produce distrust, weaken your love, introduce hatred and separate the two of you. You need motivation to keep loving and desiring your spouse. Giving your attention to the good things in his or her life will motivate you.

**9. Learn to give thanks to God about your spouse and pray for correction and improvement in his or her life.**

Thanksgiving is a product of good thoughts about your spouse. As long as you are focusing on the good things in your spouse' life, it will make you thankful, and as you become thankful daily, God will begin work on the areas where change is required in the life of your spouse. When you pray for your spouse, be specific about the changes you want. If you don't specify you may not see the exact change you want. Pray rather than fight. Fighting doesn't change anyone, but God does when men pray. Do not pray that God will change your spouse only, pray that He will change you also, for both of you need change in several ways.

**10. When mentally weak, give yourself to meditating on the words of God and to praying for strength to deal with the situation.**

When you are burdened about the happenings in your marriage and you are mentally drained and tired, give yourself to meditating on the words and promises of God. It will clear your mind, encourage, motivate and revive your love and enthusiasm for

your spouse and marriage. The word of God is a cleansing agent and it will cleanse you. It is living and active, therefore, it will come alive in you and bring back hope and joy, as it banishes your sadness and bitterness. Prayer procures God's mercy and favour on your life and marriage. It delivers strength to you as you parley with God.

**11. Never stop resisting the temptation to continually think on the painful experiences that you encounter in your marriage.**

The devil doesn't like given up even when he knows he has been defeated. You too as a believer must not give up resisting the temptation to continually think on the painful experience. You will need to let the experience die in you. Though the devil will not like that to happen, you must make sure it happens. Don't be a prisoner of the past. Let the past be in the past and not in the present.

**12. Never deny your spouse assistance, the basic necessities and sex because of the pain caused you, for it will deepen the pain and complicate the situation and not solve it.**

Anything that can put your marriage under stress must be avoided. Denying your spouse sex, assistance, and basic needs because you are not happy or you want to get even is not right. Two wrongs cannot make a right. Don't add to the problem, but solve it. Don't try to use evil to destroy what you say is evil. Only good destroys evil with God's help procured through prayer.

**13. Talk things over in the spirit of love and not confrontation and war.**

Communication is very essential in solving relationship problems. Dialogue is essential in laying to rest offensive matters in relationship. Prayerfully determine the right time to discuss with your spouse and point out all the things that cause you pain. This should be done in the spirit of love and peace making and not of war or to prove you are not weak or something else. Spirit of love, timing, choice of words and right tone in your speech will make you to be heard and give you the response you desire.

## **CONCLUSION**

I encourage you to follow these thirteen basic steps I have outlined in this teaching, and I assure you the pain in your heart will heal up fast and you will be able to manage unpleasant situations in future successfully without being shattered by them.