

# RECREATING EXCITEMENT AND FUN IN YOUR MARRIAGE

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Sometimes in marriage, love turns sour and sweetness eroded by evil and unpleasant events. When this occurs, marital relationship becomes boring and difficult. At this point those involved in the relationship begins to seek a way out. Some consider separation, and some divorce. Some seek reconciliation through family and friends; only very few seek counsel from their pastors or professional marriage counselors.

Marriage is an exciting journey full of uncertainties and surprises. Anything can happen in marriage at any time, good or bad. The way and manner issues and events in marriage are handled can strengthen or weaken love and fun in marriage. Attitudes are very important to life issues. A man's attitude is more important than the problems and the challenges of life. It is wrong attitude that complicates simple issues and turn them to major problems. It is wrong attitude that makes many to give up on their spouse and marriage. With a positive attitude, marital challenges can be overcome. I do agree that many suffer terrible pain in their marriages and it is extremely difficult to bear sometimes, never the less, you must believe that there is no condition that cannot change, and there is always a way out of every crisis.

## BE COMMITTED

When love turns sour, it is the responsibility of all in the relationship to do something to recreate excitement and fun in the relationship. Recreating excitement is hard work. It takes commitment to a relationship to be able to keep it lively and full of fun. It takes a firm resolve not to break up a marriage to create and recreate excitement in a relationship. So, when things are not the way they are supposed to be anymore, it will take determination and commitment to make the relationship bounce back to full excitement and fun. Be firm in your resolve to keep your marriage and not lose it. If you have made up your mind about this, then it will be possible for you to pay the price necessary for your marriage to be sustained. But when you have not resolved to keep your marriage, you will give it up easily.

*1 Cor 7:10-14*

*10 To the married I give this command (not I, but the Lord): A wife must not separate from her husband. 11 But if she does, she must remain unmarried or else be reconciled to her husband. And a husband must not divorce his wife. 12 To the rest I say this (I, not the Lord): If any brother has a wife who is not a believer and she is willing to live with him, he must not divorce her. 13 And if a woman has a husband who is not a believer and he is willing to live with her, she must not divorce him. 14 For the unbelieving husband has been sanctified through his wife, and the unbelieving wife has been sanctified through her believing husband. Otherwise your children would be unclean, but as it is, they are holy.*

*NIV*

*Matt 7:3-5*

*3 "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? 4 How can you say to your brother, 'Let me take the speck out of your*

*eye,' when all the time there is a plank in your own eye? 5 You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.*  
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Divorce has become an escape route from the challenges of marriage. I have always taught that divorce is not the answer to marital problems. The answer is personal character and habit change. Many who have divorced discovered not long after that they are faced with familiar and new challenges in their new marriage. What is inside a man will remain until it is taken out. Divorce will not and cannot take it out, repentance will. So, don't look at the divorce window, but take a good look at your person and clean up what needs to be cleaned out with great commitment so you can rebuild your marriage again. A firm resolve to keep your marriage will make you to commit yourself to cleaning up your life in order to relate well with your spouse and eliminate everything that causes conflict. Be committed to making your marriage work.

It takes commitment to make you do what you did at first when you met your spouse that created the bond that led to your marriage. If you have not resolved in your heart you can't do it. Make this decision if you have not made it and work towards resolving the conflict between the two of you. Every conflict can be overcome. Every condition can be overcome. Every marriage challenge can be overcome if you will humble yourself and bury your pride and take a good look at your person and see where you failed and your part in the crisis, and go to work on eliminating them and improving yourself.

#### **FIND OUT WHAT LED TO THE PRESENT STATE OF THINGS**

If you do not know what led to the stalemate in your relationship, how will you overcome? How do you overcome what you do not know? How do you conquer an enemy you do not know? Therefore, there is a need for you to take a close and sincere look at your relationship with the hope of identifying the cause or causes of the soured love relationship. I don't mean fault finding mission. I am not talking about finding out what your spouse did wrong or reasons to blame your spouse for the present state of things. The only way to solve relationship problems is to critically, truthfully and sincerely look at all that happened over the years and identify what led to the present crisis in order to find solution to it.

In dissecting the problem, you must be prepared to accept blame for your mistakes, wrong doings, evil character and habits, and your part in the collapse of love and harmony in the relationship. You must be willing to call a spade a spade. Once you are willing to admit fault, then you are ready to make restitution where applicable. Once restitution and repentance is in place, change will occur in the atmosphere in the house and marriage. An honest examination of yourself will create the comeback you need in the marriage. Make corrections where necessary. Apologize when found guilty. Make peace by humbling yourself and asking for forgiveness from your spouse the way it will be accepted. Do what will convince your spouse that you have repented and changed and things will be done differently from now on.

Pray about what you find difficult to change from or correct. We all need help from God. Call upon him and he will deliver you. Seek counsel from your Pastor or a qualified believing marriage counselor with proven results to help you overcome what you find difficult.

*Ps 50:15*

*15 and call upon me in the day of trouble; I will deliver you, and you will honor me."*

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*Ps 91:15*

*15 He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.*

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*Jer 29:12-14*

*12 Then you will call upon me and come and pray to me, and I will listen to you. 13 You will seek me and find me when you seek me with all your heart. 14 I will be found by you," declares the LORD,*

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*Prov 11:14*

*14 Where no counsel is, the people fall: but in the multitude of counsellors there is safety.*

*KJV*

### **CONSCIOUSLY WORK ON RENEWING YOUR LOVE FOR EACH OTHER**

It is important that you do those things that will recreate the love and excitement that your relationship had before tragedy struck. I like you to take a close look at these suggested actions that I believe will bring a turn around.

1. Be as loving in thoughts, words and actions as much as you can ever be.
2. Be willing to overlook every offence your spouse may commit against you.

*Prov 19:11*

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

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3. Watch over your relationship with prayer and fasting as the case may be.
4. Trust the Lord to strengthen you daily in your relationship.

*Ps 37:3-7*

*3 Trust in the LORD and do good; dwell in the land and enjoy safe pasture. 4 Delight yourself in the LORD and he will give you the desires of your heart. 5 Commit your way to the LORD; trust in him and he will do this: 6 He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun. 7 Be still before the LORD and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes.*

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5. Determine not to quarrel or bear grudge again over any matter.
6. Put on a smiling face all the time even when everything around you says you shouldn't.
7. Forebear and forgive in love as you trust God to change your spouse and the situation.

*Col 3:12-14*

*12 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. 13 Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. 14 And over all these virtues put on love, which binds them all together in perfect unity.*

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- 8.** Keep showing your spouse love, never get tired of doing that even when he or she is cheating on you or he is not providing for you and the children as he ought to.
- 9.** Do those things that you used to do when you first met that made you agree to drop all others and marry each other.
  - Dress the way you used to that your spouse loves so much.
  - Keep your body in shape the way he used to like it.
  - Be tidy the way you used to that attracted your spouse to you.
  - Cook those meals that he loves so much.
  - It may be because you stopped going out with your spouse for one reason or the other, caused the present situation in your marriage? You need therefore to go back to it again.
  - Do those things the two of you used to love to do together.
  - Bring back romance to your marriage by a deliberate act of yours.
  - Buy and give gifts to your spouse .Do it again and again even when not well received.
  - Find time to listen to your spouse and identify with what troubles him or her.
- 10.** Stop nagging at your spouse no matter what.

*Prov 21:19*

*19 Better to live in a desert than with a quarrelsome and ill-tempered wife.*

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## **CONCLUSION**

Don't give up on your spouse or on your marriage. Determine in your heart to salvage it and make it alive again. Trust in the Lord as you apply the suggested principles, and I am sure things will turn out for the best for you. Don't give up! Give it your all!

## **WORDS OF WISDOM**

- 1. Becoming like Christ takes away stress from marriage.**
- 2. Submission is the key to greater love.**
- 3. Freedom of sex expressions in marriage strengthens the bond of love and oneness.**
- 4. The term "my husband" and "my wife" is for only those who are legally married.**
- 5. Who to marry is not the most important thing to a single, but preparation to be marriageable.**

- 6. The weakness you fail to deal with now in your single life, will surface in your marriage, and may wreck your home.**
- 7. Love without sacrifice is fake.**
- 8. Love without patience will not last.**
- 9. Troublesome mother-in laws are not devils, but have only failed to realize that their sons and daughters are no longer babies but independent adults.**
- 10. Your vision of your marriage determines the way you approach matters in your home.**