

SOLVING MARITAL PROBLEMS

Sylvester Onyemalechi

It is important that each couple take a look at their marriage from time to time to see what the problem or challenge really is with the aim of facing and overcoming them. It is possible for you to think that you know what the problem is when you don't. You need to look closely and sincerely at your marital experiences to identify the real problem. The character manifestations and annoying words and acts may be the result of a deep rooted problem or offence.

Many times, we are not willing to take the bull by the horn or admit our inadequacies and shortcomings. Until we are able to identify the problem areas, there will be no solution. It is also essential that both couple open up to areas of complain and each person listen to the spouse, and look into the areas of complain and determine to make corrections that peace and harmony may reign.

MARRIAGE QUESTIONNAIRE

Take a closer look at these questions and sincerely answer them. This questionnaire will expose the gray areas of your marriage and help you to streamline areas that need to be addressed. Once a problem is identified, finding solution becomes easier. For when you don't really know what the problem is, how do you find a lasting solution.

1 Cor 11:31-32

31 But if we judged ourselves, we would not come under judgment. 32 When we are judged by the Lord, we are being disciplined so that we will not be condemned with the world.

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Which areas do you think you need help?

1. How to get my spouse to open up and really talk with me.
2. How to remove financial stress from our marriage.
3. How to deal with either my anger or my spouse's anger.
4. How to do a good job parenting.
5. How to get my spouse to treat me with respect.
6. How to get my spouse to stop talking me down or rebuking me in the presence of his/her family, friends and neighbors
7. How my spouse and I should deal with differences in our views toward religion or religious activities.
8. How to get my spouse to understand me.
9. How to get my spouse to stop his/her habits that irritate me.
10. How to resolve disagreements in our marriage in a way that makes both of us happy.
11. How to express my dissatisfaction without having to quarrel or yell at each other.
12. How to prevent either my parents or my spouse's parents from interfering in our marriage.
13. How to get my spouse to quit badgering me until I finally agree or give in.
14. How to deal with my child's anger.
15. How to forgive my spouse.
16. How to feel comfortable or safe enough to really open up and talk with my spouse.
17. How to get my spouse to consider my feelings before making decisions.

18. How to get my spouse to want sexual activity more often.
19. How to get more affection from my spouse.
20. How to get my spouse to participate enthusiastically in new sexual activities that I want to try.
21. How to get my spouse to accept the fact that I don't feel comfortable doing some of the sexual things he/she wants to try.
22. How to get my spouse to help me with the kids.
23. How to get my spouse to help me with the household chores.
24. How to get my spouse to show me admiration.
25. How to get my spouse to be physically attractive and act sexy.
26. How to get my spouse to do more fun things with me.
27. How to get my spouse to always tell me the truth.
28. How to get my husband to give me spending money and buy me clothes and necessities.

Now that you have identified areas of need, you need to settle down and work on the solutions. Take the complaints of your spouse serious and attend to them with urgency and sincerity, and soon, all be well with your marriage.

HOW TO GET SOLUTIONS

1. Decide to overcome the challenges identified.

Every major shift or change comes about by a firm decision to quit and make a change. What you are not willing to confront, you cannot change. What you tolerate stays in your life. What you permit grows. Make up your mind today, that the evil or challenge identified in your marriage must end and exit your life and experience, then you will be ready to take the necessary steps to turn your marriage experience around for good. Decide today and not a later date.

2. Start with yourself. Don't focus on your spouse, but your person.

Many people make the mistake of pointing the accusing finger rather than looking at themselves to identify the role they are playing in the entire saga. To solve marital or any other kind of relationship problem, you must start by looking at your life to find out your part in the happenings in your marriage relationship. It takes two to quarrel. It takes two to make a marriage exciting or boring, full of fun or fight. What part are you playing? Have you been thinking, talking, feeling, behaving, and responding to your partner like an angel since you got married? Have there been ugly areas in your life that needs attention? Be sincere about this and honestly cry out to God to help you make a change. When you change, God will hear your prayers for your spouse and cause a change to take place in his or her life also. Go to work on yourself first. Just don't worry about your spouse, just work on your person first, and God will take care of your spouse later. Convince God you are serious about change not just by praying and fasting, but by changing what needs to be changed in your life. Pray for grace, willingness and strength to make the corrections where it is needed if you are finding it difficult to make the change, and God will respond speedily if you are committed to making change happen in your life.

3. Begin with intense prayer for change through divine intervention.

Prayer is calling for help from the one who is more than able to help turn things around any day, any time. Prayer is looking up to God for deliverance and favour. Prayer is

expression of faith and confidence in the love, willingness and power of God to help and change things. Everywhere men call upon God with a sincere heart filled with faith, He always answers. Fervently pray to God to intervene in your marriage and change you and your spouse in every area necessary. Never stop praying and believing for a miracle to happen.

- Pray for understanding of the real problem or challenge that you are faced with.
- Pray for the willingness to effect a change where necessary by both of you.
- Pray for seriousness and commitment to resolving your marital challenge to be planted in your hearts by God.
- Pray for renewal of the mind – change of mental attitude towards each other, the trouble your marriage is faced with.
- Pray for direction on what to do to get out of the current situation.
- Pray for willingness to receive counseling if your partner seems not willing to get help or listen to sound counsel that will turn your marriage around for good.
- Pray for grace to turn a new leaf and depart completely from your negative past life and character.
- Pray against all satanic influence and manipulation against your marriage and persons.
- Prophesy a change to you marriage and your lives. Speak daily and regularly over your marriage and lives what you want to see and not what you are seeing that you don't want in the name of Jesus Christ. With time, it will manifest.

4. Study books on marriage and relationships for tips on what to do.

The Bible teaches us that wisdom is the principal thing in life. Know-how makes life easy and with direction. You need wisdom to take your marriage to a new and higher level of happiness and excitement. The scripture teaches in Proverbs 13:13 that we buy truth and do not sell it. Invest in books on successful marital life, parenting, home making and other relevant books and articles that will guarantee success in marriage. Go for knowledge. Read and take note of what to do to solve present problems and challenges. Take note of what to do to avoid fights and prevent some of the ugly things that have been happening in your marriage that you don't want anymore. Work with what you learn. Read the books and articles on marriage over and over again. Do not be so busy that you don't have time to gain knowledge. If you don't have to time to gain knowledge, you will have time to fight, cry and complain.

5. Attend seminars on marriage that will help both of you overcome and improve your relationship.

Seminars and teaching sessions on marriage help to enlighten on marital issues. It has been instrumental to healing many broken and damaged lives and marriages. I recommend that you and your spouse attend marriage seminars or teachings sessions on marriage in your local church or elsewhere where the teachings are based on biblical truths. The discussions, workshops and questions and answers sessions will be very helpful as you learn from others, and have the opportunity to ask questions yourself. If your spouse is not willing to attend, attend alone and get the recorded teachings for your family to listen to.

6. Get counseling from your pastor or a proven marriage counselor for guidance and quick resolution of all your marital problems.

The Bible teaches that in the multitude of counsel there is safety. When it is difficult for the two of you to resolve your problems, it is important that you get help. Your pastor is in your life to help at such a time. There are also professional Christian counselors who can help. If you don't ask for help, you don't get it. Burry your pride and get help when needed. When you go for counsel, go with an open mind. Be willing to receive whatever God through the counselor will tell you. What you will hear may not be what you will like to hear. Be willing to accept the truth and guidance that will make your marriage better.

7. Be committed to the application of the godly and biblical teachings received on marriage and character change.

Change is never easy but possible if enough effort and determination is put into it. Be committed and consistent in practicing what you have learnt. This is the only way out, with time, all will be well. Prayer without correcting your ways will end in frustration. There is a place for prayer, and there is a place for correction and application of truth. Persist in doing what you have learnt and your marriage will yield and become better.

8. Separate from wrong people who in the past have influenced you wrongly.

Wrong company corrupts good character. Friends are influence. Association opens you up to the life and guiding principles of the people you associate with. Many have had their marriages broken through ungodly association. When you associate with wrong people, your marriage will suffer. Moving with way-ward people, will distract you from your loyalty and faithfulness to your spouse and marriage. All who speak into your life mould your person and direct your steps and actions. Re-evaluate all your relationships to identify the one that is worthy of keep. Those who have contributed to your marital problems should be avoided. Cut off from all wrong association.

9. Turn your back on your past evil lifestyle and approach to marital issues and challenges.

Repentance is all about change and a departure from the past. You can't change your marital experience except you change your attitude and lifestyle. With all the knowledge you will gain from all that has been suggested, make changes immediately. Do not postpone action. Start now and your marriage will start changing. Change your thoughts, your language, behavior, response and reactions to unpleasant happenings and words, conflict resolution style and general lifestyle. As you do this, your marital experience will start changing.