

# **THE NEED FOR POSITIVE MENTALITY IN MARRIAGE**

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The mind of man is the center of activity in man. It influences and dominates our emotions, will and body. Our word and actions are motivated by our thoughts.

*“For as in water, face answers to face, so the mind of man reflects the man”  
(Prov.27:19).*

Your life is a reflection of your thoughts. Jealousy in marriage is a reflection of the thoughts of the people concerned. Submission and insubordination are reflections of one's thoughts. Love and much love are reflections of your thoughts. Anger, unforgiveness, bitterness and hate are all reflections of your thoughts. Goals setting and planning are reflections of your thoughts.

Focusing on your vision for your marriage and home depends largely on the nature of your thoughts concerning your marriage, spouse and children. Quarrels are reflections of your thoughts. Happiness and excitement in your marriage are reflections of your thoughts.

Thoughts give birth to actions. No thoughts, no actions. No thoughts, no words. Your experiences, my experiences, everyone's experience in every area of life are all reflections and manifestations of each man's thoughts. Your thoughts produce the words and actions that produce your experience. Most of the problems we have in marriages today can be avoided or overcome, if we control our thoughts by making sure that we give our minds to the things that will enhance a sweet and happy marriage. The thoughts you think per time determines your experience in your marriage. Your thoughts determine what you say to your spouse and how you say it. And what you say determine the thoughts of your spouse, which in turn determine his or her response or reaction to what you have said. Every action and reaction in our marriage experience are all influenced and controlled by our thoughts on the things we see, hear and happen to us.

Always remember that, “the thoughts of today are the experiences of tomorrow”. As you continue to meditate on a point, it will begin to register in your subconscious mind. As that happens, you consciously or unconsciously begin to manifest those thoughts. Therefore you must be careful what you think about your partner as events unfold in your marriage.

Success and failure in your marriage depends on what you think about your partner as events unfold. An understanding of this will help you restrain yourself from entertaining evil and temper building thoughts towards your partner. Always be positive about your marriage no matter what happens.

The gateway to your future is your mind – what you see is what you get; what you imagine is what you create; what you think is what you are and what you will become.

*“For as he thinketh in his heart, so is he” (Prov.23:7).*

If you change the picture in your mind (head) about your spouse, you can change your experience in your marriage. Imagine a blissful marriage. Imagine your spouse changing and becoming more loving, more submissive, more caring, more understanding of your person and lifestyle leading to greater peace. Imagine your home being quarrel free and full of happiness and joy. Imagine a Jesus centered home, where God is honoured all the time and the presence of God abound. If you will continue to paint such pictures in your head no matter what you go through, I tell you, you will see changes before you know what is happening. The result of positive thoughts like this about your spouse and marriage is that:

1. You become more hopeful as you begin to see light rather than darkness.
2. Your words become more positive rather than negative about your marriage.
3. Your language towards your spouse becomes more loving and softer.
4. Your heart is filled with greater zeal to pray for your spouse and marriage rather than giving up contemplating separation or divorce.
5. There will be a new resolve to give your best to make the marriage bounce back and successful.
6. The atmosphere in your home becomes more peaceful and joyful as fun returns to your marriage.

### **ALWAYS REMEMBER THE PURPOSE OF MARRIAGE**

Time and events can make us forget the purpose of marriage – the reason why you married each other. Therefore it is important that you refreshing your memory from time to time about the purpose of marriage.

*“It is not good for man to be alone I will make a helper suitable for him” (Gen2: 18).*

*“For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh” (Gen. 2; 24).*

### **PURPOSE**

1. Help the man - suitable helper
2. Companion - friend
  - Associate
  - Partner
3. Procreation - Gen. 1:28
4. Build a home together
  - To serve as a school where the children coming into the world through the couple will be taught the ways of God and how to conduct themselves without displeasing God. Prov.22: 6
5. For sexual satisfaction – Gen.4:1

### **WHAT YOU MUST KNOW ABOUT MARRIAGE**

1. Your marriage is your life.
2. Marriage will either increase you or reduce you.

3. Your marriage will either make you a happy person or a sad person.
4. Your marriage can complete your life or complicate it.
5. Your marriage can fill the void in you and be an answer to the missing link or be the greatest mistake of your life.
6. Your marriage will either elevate you or reduce you.
7. Marriage is not as easy as it appears from the outside; it takes hard work and determination to make it sweet and enjoyable.
8. Marriage will either give you rest or restlessness. The choice is yours. It all depends on what you want, the thoughts you think, who you listen to, your associates, your mentor, principles, and above all the decisions you make.
9. Marriage is to be enjoyed and not endured.

Always remember the purpose of marriage.

### **CONCLUSION**

Have a positive mentality about your marriage. There is no condition of life that cannot be changed. There is no man that God cannot change. If you call on God to help you change your spouse, I am sure He will. You may however have to pray for a longer time than you would have loved to as the case may be. I say this so that you will not give up praying because it appears your prayers are not being answered. God will answer if you will persevere. Trust in the Lord with all your heart and He will answer you. God can and will change you and your spouse.

Never give up on your marriage, always remain hopeful. It will be well soon. Have a positive attitude towards all that happen in your marital life and you will always be happy and will never say or take a step that will worsen the situation. Your marriage can be better than what it is today if you will listen to me on this and change your negative attitude and have a positive attitude towards your spouse and marriage. Have a positive mentality towards your in-laws, family members, your spouse's friends whom you think are contributing to the problem in the marriage, children and above all your spouse.