

WISDOM FOR CRISIS TIME

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Marriage like every other area of life is not without its own challenges and problems. So many things including little and insignificant things causes crisis in marriage. Crisis comes not because we want them but because of the decisions and mistakes we make. To experience a crisis in a marriage is not a desirable experience but something that usually happens from time to time no matter how careful we are. Some crisis can be avoided and some are inevitable and a direct result of some changes that take place in our lives as humans.

CAUSES OF CRISIS IN A MARRIAGE

Causes of crisis are numerous that space will not permit us to take a look at all of them in this article. However we will take a look at some of them that I believe are very important if victory is to be achieved by all in marriage. It is my desire that all married couple avoid as many crises as possible in their marriage.

1. Insincerity

Insincerity is a dangerous character to manifest. No one (including you) likes an insincere person. It is very important that all in a relationship relate with a self-less attitude and motive. True love is giving and not just taking. It is practiced on the foundation of truth, honesty and openness. It is on this premise that relationship thrives and becomes crisis free, and when crisis comes, it is easy to handle because self has been boxed and sincerity released to manifest and dominate.

2. Lying and deceiving each other

Lies destroy and create distrust when discovered. Lying is a proof of insincerity and selfishness. It is a sign of total disregard for the feelings of your partner. Lying to your partner is a sign of callousness and wickedness and should be stopped immediately if your relationship must move on to greater heights.

3. Lack of trust

Lack of trust is the result of many experiences in a relationship. It is important that all understand that no relationship can thrive in an atmosphere of distrust. You can't please the one who does not trust you. You can't plan with one who does not trust you. You can be sure of constant quarrels as a result of lack of trust. Trust is a vital ingredient to successful and peaceful marital life.

4. Infidelity

Unfaithfulness in marriage is on the increase, and many lives are being shattered as a result. Immorality is a big problem in modern day marriage. It is important that the marriage bed be kept undefiled as a sign of loyalty and true love to the one you are married to. No one wants or likes to be cheated, then why cheat on your partner. To cheat on your partner is evil and a proof that you don't truly love him or her. Definitely, when your partner discovers you are cheating on him or her, there will be trouble and a big fight.

5. Lack of sexual satisfaction

Sex is a vital part of marital relationship created to be practiced and enjoyed within marriage. Many marriages have problems related to sex. The lack of sexual satisfaction has led many to have extra marital affairs that rocked their marriage. Too much demand for sex has also created many fights. Sex was not created to divide and make the marriage unsettled, but to unify and strengthen the bond of unity in the relationship. Sex should not be used as a means of obtaining desired needs through betting and denials. Sex should be practiced in such a way that the love relationship will be strengthened and all in the relationship satisfied and have no need to go outside for sexual satisfaction.

Many fights, beatings for refusing husbands sex and rapes by husbands can be avoided if the wives could be more understanding and open to the feelings and desires of their husbands. Wives will no longer feel neglected and abandoned and quarrel unnecessarily if only husbands will respond to the sexual feelings and needs of their wives and satisfy them. Give attention to this matter and do not be rigid about your sexual styles to create the necessary satisfaction.

6. Not providing enough for the family

Inability of husbands to provide for their families has resulted in many fights. It is the divine responsibility of the husband to provide for his family. Headship of the family includes provision and not just giving orders. Do your best to make sure your family is well provided for all the time. Wives are to support their husbands with their earnings since they are one and a family.

7. Being wasteful

Many families have been having crisis because one of them is wasteful. Wasting of resources is not good. Jesus even discouraged waste when he asked his disciples to pick up the left-over bread and fishes after the five thousand men have fed themselves in one of his retreats. Twelve baskets were picked up. To be wasteful is evil and should be discouraged. Spending money on unnecessary items is not wise at all and will always create arguments and quarrels.

8. Demanding too much money

Many men hide their income from their wives because each time they know money has come in, they start making demands and stirring up of storms when their demands appear not to be granted. The availability of money is not a license to go on a spending spree. Money should be wisely spent as God expects us as His children to be good stewards of His resources. Moreover it is important that you know that God provides surplus sometimes to give us enough for a season of drought, so if it is wasted, what you will use in the time of scarcity and great need. Don't waste money but plan your expenditure, save some and invest some.

9. Making decisions without consulting spouse

It is proper that the married consult each other before making a major decision, especially a decision that will affect the entire family in one way or the other. Decisions can turn out good or bad. Each decision made can enhance your marriage or destroy it. No one likes to be left out in decision making in the family. Please consult each other before making decisions especially major decisions.

10. Having business or financial transactions and hiding it

It is not proper to make investments or carry out financial transactions without letting your spouse know. Many have done it and ended up losing their investments or being cheated. Asking their spouse's help becomes a problem at such a time. When their spouse finds out, trouble begins. Being secretive is a sign of selfishness and lack of commitment to your partner and a sign that you do not understand what marriage is all about yet.

11. Dirtiness and not keeping the house tidy and organized

Everyone loves and appreciates a clean environment and person including the dirty persons. Even God loves a clean environment that's why He gave rules about hygiene in the Bible. It is necessary that cleanliness be maintained for one to remain attractive to the partner and love to remain fresh. The living house must be kept clean to make it conducive for you, your partner and guests.

12. Evil habits and character that is offensive and causing your partner pain and discomfort

No one loves an evil character or a person who fails to admit his weaknesses or deal with them. Too many crises have been experienced by many in their marriages as a result of evil habits and character that they are not willing to deal with. Many relationships are still going through tough time today as a result of the same problem. Any lifestyle or character that is offensive to your partner should be confronted and dealt with if marital bliss is your desire. You can't claim you love somebody whom you keep offending. Listen to the complaints of your spouse and you will have peace and keep your marriage fresh.

13. Listening to gossips about your spouse

Gossips destroy any worthwhile relationship sometimes out of envy and hatred or simple mischievousness. To give your ears to gossips is to open the door for the devil to destroy your marriage. You may think they love you that is why they are telling you all those so called "secrets", but actually they don't. Envy or hatred may be concealed in the heart without your knowing it. Cherish your marriage. Love your spouse enough to trust him or her. Do not allow anybody to poison your heart towards your spouse.

14. Bad company that corrupts

The Bible teaches that bad company corrupts good morals. A good husband can be corrupted by the company he keeps. A good wife can be corrupted by the company she keeps. Friends are influence, and you need to remember that always as you meet people and relate. Do not allow people to have a negative influence on you, but you rather be a positive influence on people.

15. Evil influence from family members

Your family can become a problem rather than a blessing to your marriage depending on how you relate with them and the role you allow them to play in your life and marriage. Many married people do not leave their families to cleave to their spouse as the scripture has instructed. They allow their families to run their homes through their counsels and instructions. Maturity is simply *“I am old enough to make my own decisions and take responsibility for my life, so I declare my independence from my family.”* Think about that and never forget it.

16. Confrontation from in-laws and against in-laws

Many people believe that marriage will always produce conflicts from in-laws, especially mother in-laws, so they prepare for it in advance even before they get into marriage. So they enter into marriage ready to fight with their in-laws. The result is always that the marriage is filled with crisis as the battles rage continually. Both the in-laws and married couples should have a re-think and take the part of peace. Don't kill your marriage by supporting your family against your spouse for any reason. Do not kill your marriage by fighting, insulting and hating your spouse's family members.

17. Refusal to forgive offences and piling them up in the heart.

Unforgiveness is a deadly disease and has destroyed many marriages and lives. It is clear from the Bible that forgiveness is to be practiced by all if relationships are to be sustained and kept alive and bubbling. Forgiveness is the healing balm of relationships and without it no relationship will survive. Offence piled up in the heart will weigh heavily on a man's heart to the point that the love he has is killed and replaced with hatred. So to keep love alive, one needs to forgive always and never pile up offence.

18. Not giving attention to one another and the children – distracted by friends and riotous living

Your first priority in your relationship is your spouse. Your spouse comes after God and before your children and your family and friends. Breaking this order will create complications. Misplaced priority is the reason why many are neglected in their marriages by their partners. It is important that adequate attention be given to your spouse, for it will refresh your love for each other as events unfold in your marriage. Fight every distraction. To fight distraction is to fight the enemy of your marriage. Do not let your work or business or career to get in the way. Value your marriage and give your spouse attention

IMPORTANT TRUTHS YOU NEED TO WORK WITH

1. Crisis is normal with life. It comes from time to time and it is not to be feared.
2. Each time there is a crisis, take an analytical look at the situation and sincerely address the issues revealed.
3. Make up your mind not to shift blames but to accept responsibility for your faults, face and deal with them.
4. Renew your mind with the word of God and erase all the wrong mentality you have about your spouse, marriage, your in-laws and yourself.

5. Do not play into the hands of the devil by walking in ways that will make the crisis you are experiencing to go out of hand.
6. Always be calm, think creatively and pray as you attack the situation.
7. Look out for the core of the problem and deal with it. Find out what led to it and how to avoid it in future.
8. Be willing to forgive and let go of the past. Never recall or remind your spouse of an evil past that has been settled and forgotten.
9. Be sincere in all your dealings with your spouse. Be open and truthful about all things at all times. Invest in your partner rather than demanding and collecting from him or her.
10. Be honest and never lie no matter what. Own up to your faults and never lie. The scripture commands us to tell the truth to our neighbor. If your spouse were to lie to you how will you feel?
11. Trust your partner and make yourself trustable. If because of what happened in the past you are not able to trust your partner, I counsel you to change your thoughts about what happened and your spouse and as a matter of urgency build trust again. You can never have a successful marriage without trust.
12. Determine in your heart to be faithful to your spouse and never have sexual relationship with any other person except your spouse.
13. Pursue sexual satisfaction within your marriage.
14. Husbands play your God given role as providers for your family.
15. Never go violent no matter the provocation or tension in your marriage. Always be calm and keep your temper under control.
16. Maintain a positive attitude towards your in-laws and never go confrontational no matter what happens.
17. Work on perfecting thought control in order to control your words, emotions and temperament.
18. Always allow the Holy Spirit to lead and inspire all that you say and do, in this way you will not make terrible mistakes that will cost you.
19. All that you associate with, help to mould your character and habits for good or for evil. An understanding of this will cause you to re-evaluate your relationships and identify the necessary and abandon the unnecessary that has negative influence on you.
20. Learn the miracle, tension cooling and peacemaking phrase: "I am sorry". Use it often when necessary and say it with your heart in the way it will be accepted.
21. Forgive and receive forgiveness as the case may be.
22. Hate gossips and do not give your ear to gossips for they are dangerous people. Conquer itching ears.
23. Learn to pray about every unpleasant situation as a proof of dependence on God and an invitation to step in and take charge and solve all the problems.
24. Believe for a change and never give up believing. Never give up on your spouse or on your marriage. Expect the situation to change and in time it will change to the glory of God.
25. Don't think separation or divorce, but think counseling sessions with your pastor or a marriage counselor to overcome.

26. Marriage is a faith walk. Work hard in faith at making your marriage work.
27. Give attention to your partner and learn how to communicate effectively at the appropriate time to get the desired result allowing the word of God to guide you all the way. Work together as a team always consulting each other in all things.

WORD OF WISDOM

1. It takes your all to make your marriage succeed. Your whole heart, love, money, energy, creativity and entire personality are required.
2. For your marriage to work, don't concentrate on what your spouse can give or buy for you, but concentrate on what you can give to make your spouse happy.
3. No relationship will succeed when only one party is giving and making input for the success of the relationship. It takes two to succeed in a relationship.
4. If the two of you will attempt to outdo each other in showing love, caring and buying of gifts, I assure you, your relationship will stand the test of time.
5. Sincerity is the ingredient that heals hurts in relationships. It enables one to accept responsibility for mistakes and offenses committed within the relationship, apologize and make amends.
6. Selfishness, greed and secrecy are destroyers of relationship any day, any time anywhere.
7. Becoming like Christ takes away stress from marriage.
8. Submission is the key to greater love.
9. Freedom of sex expressions in marriage strengthens the bond of love and oneness.
10. Wisdom that comes from the knowledge of God's word will make a difference in your marriage.