

# YOUR THOUGHTS AND YOUR SPOUSE

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Your thoughts are important in the school of success whether in business, career or marriage. Mind management is essential if success is your goal in every endeavour of life. Your thoughts determine what you say and how you say it. Your thoughts determine how you react or respond to situations and happenings around you, especially in your marriage. Your thoughts determine your feelings or emotions per time. What you think, how you think and the intensity of the particular thoughts that dominate your mind determine how you respond or react to your spouse as events unfold in your marriage.

*Proverbs 23:7*

*7 For as he thinketh in his heart, so is he.....*

*KJV*

*Prov 4 :23*

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

*GNB*

*Prov 4:23*

*23 Guard your heart above all else, for it determines the course of your life.*

*NLT*

## THE NEED FOR POSITIVE MENTALITY IN MARRIAGE

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

*Proverbs 27:19*

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

*RSV*

Your life is a reflection of your thoughts. Jealousy in marriage is a reflection of the thoughts of the people concerned. It starts in the mind and grows strong as one continues to give himself or herself to negative thoughts about the spouse' movement and associations. 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. Ability to bear with your spouse and overlook his or her wrong doings depends on your thoughts about what he or she has done in the past and what he or she has done presently.

Setting goals and planning how to achieve them depends on 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. It is very easy to forget what brought you together if you don't control the negative thoughts that run through your mind as ugly and sad things happen.

Quarrels are reflections of your thoughts. Happiness and sweetness in your marriage are reflections of your thoughts.

Thoughts give birth to actions. No thoughts, no actions, no thoughts, no words. Your experience, my experience, everyone's experience 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.

Always remember that, "the thoughts of today are the experiences of tomorrow". Thoughts are seeds that bear fruit with time. As you continue to meditate on a point, as it takes over your conscious mind, it will begin to register in your subconscious mind. As that happens, you consciously or unconsciously begin to manifest those thoughts. This is the reason why many cannot explain their actions and behaviour. They wonder where it came from and why they are talking, feeling and acting the way they are doing. The scripture thought us that words, feelings and actions come from the storehouse of previous thoughts called the subconscious mind. This is the reason why people are not able to explain their loss of interest in their relationship and family. Therefore you must be careful what you think about your partner as events unfold in your marriage if preserving your love and marriage is on your mind.

Success and failure in your marriage depends on what you think about your partner as events unfold. Wrong thoughts will breed disrespect for your spouse. Wrong thoughts will kill your love for each other and produce hatred. When offended, negative thoughts will make you feel more pain than you ought to. The more you think on it negatively, the more pain you feel. The less negative thoughts you have, the less pain you feel. The more pain you feel the more bitter you become towards your spouse. The more pain you feel through negative thoughts, the more resentful, hostile, impatient, loud, angry, and quarrelsome you become towards your spouse. The bitterer you become the more trouble you have in your marriage. Wrong thoughts will make your home a war zone. Positive thoughts will enrich and strengthen your love life with your spouse. Positive thoughts will make your love for your spouse fresh all the time. Keep evil out of your mind and let your thoughts remain pure.

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.

*Proverbs 23:7*

*7 For as he thinketh in his heart, so is he.....*

*KJV*

If you change the picture in your mind (head) about your spouse, you can change your experience in 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 refresh your memory from time to time about the purpose of your marriage and remain focused in its pursuit. The kind of thoughts you think towards your spouse and the situation around you from time to time will determine its actualization or failure. Mind management must be your priority if accomplishment of your purpose of marriage will be attained.

*Gen 2:18*

*18 The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him."*

*NIV*

*Gen 2:24*

*24 For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.*

*NIV*

### **PURPOSE**

1. Help the man - suitable helper
2. Companion
  - Friend
  - Associate
  - Partner
3. Procreation - Genesis 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. Proverbs 22: 6
5. For sexual satisfaction – Genesis 4:1

### **CONCLUSION**

1. Your marriage is your life.
2. Marriage will either increase you or reduce you depending on how you attend to it and your thoughts towards your spouse.
3. Your marriage will either make you a happy person or a sad person depending on your thoughts.
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. Mind management is crucial
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.

- 10.** Keep your thoughts pure all the time no matter what happens and you will enjoy your marriage.

Mind management or thought control is not an easy task but achievable with great effort. It is important that you approach this with great zeal with the understanding that your life is a reflection of your thoughts, and there is nothing you say, feel or do in life without thinking. Therefore you must make every effort to keep your thoughts clean and pure. Keep it positive no matter what you go through in life. Develop a winning attitude that does not bow to pressures of life but continues to tenaciously hold unto original good and God given desires and purpose.

Never throw in the towel to any ugly situation. Never submit to pressures of life. Never submit to negative thoughts and emotions. Never submit to the deception of unpleasant situations that strives to take your joy away and make your life and marriage miserable. Keep practicing thought control. Though difficult at first especially when the experience is a very painful experience, with time you will find it easy. Practice makes perfect. It takes time to perfect any trade or act. The act of thought control is not different. If you resolve today to think positive towards your spouse no matter what happens in your marriage, I tell you, you will discover it is not as difficult as you thought it will, and you will discover how it will enrich your marriage. It pays to maintain a positive thought towards a loved one than to through negative thoughts kill the existing love and affection. Positive thinkers are happy people and carry no bitterness in them.