

## Allow Your Marriage to Become a Place for Healing

Marriage is meant to be more than just a life-long physical attraction and carnal love for each other. Our heavenly Father planned for our marriage to become a complete reflection of His Love which is far greater than our human love for our spouse. We may never fully achieve that in our lifetime, but Sue and I are committed to making our marriage sweeter and sweeter so others may see and experience His Love in and through us. It has been a long journey of healing the past wounds in our hearts, dying to our flesh, eliminating old habit patterns, walking in heart forgiveness, and learning to walk in love with each other and other people in our life!



Jimmy Evans, founder of Marriage Today, **compares relationships to icebergs. What we see with our eyes is only a small part of what we see going on under the surface in our subconscious!** Dating is a good example of that. We are attracted to someone and end up marrying them primarily based on what we see and feel with our flesh while they are on their best behavior. Usually, we don't find out what else is going on in their heart until we live with them 24/7 for a while! Father doesn't bring two people together in marriage just because they are the perfect match for each other. He wants us to have our hearts healed so that we can become one in spirit, soul, and body and bring more children into this world as true sons and daughters.



**Most couples usually end up marrying someone who is their compatible opposite** or close to it because that is how God wired us. In **Gen 2:18** God said that He would make for man a "helper comparable to him." The Hebrew word for "helper" is "*ezer*" and can mean "to supply what is lacking." God made woman to make the man complete! Our marriage would be very boring if we were exactly like our spouse! We need someone who will complement us, who helps us, and who is strong in the areas we are weak. The challenge is how do we become one in our marriage when we are complete opposite in most areas other than, possibly our beliefs and values?



One of the biggest hinderances to becoming one both with our heavenly Father and our spouse are the wounds in our heart from what happened or didn't happen to us growing up. **Every time one of our 5 basic love needs was not met, pain went into our hearts. Our five loves needs are: 1) unconditional love, 2) a safe place, 3) valued and appreciated, 4) have a purpose in life, and 5) to be seen, heard and understood.** All the little boys and girls in our heart that were wounded growing up still carry this pain which can still surface under the right circumstances and affect our responses to the current situation that we are facing. Almost 100% of the problems in our marriage are connected to childhood pain we felt growing up. It happens subconsciously and instantaneously.



**The first step to healing is to admit that you are wounded and need help.** The depth and type of wounding that you or your spouse are carrying inside will be different, and therefore, the ways and intensity of your responses to each other from those wounds will also vary. Sue and I were wounded differently by our parents, but we both had to stop our negative ways of responding to each other and give it all to Jesus. We had to become a safe place where we could be transparent and not be afraid of what the other person might say or do. Sue has helped me get in touch with my emotions and give all my "stuff" to Jesus. I have also tried to be a help and encouragement to Sue in areas where she has felt insecure or unsure of herself.



One of the best things we can do is help our spouse connect with Jesus and spend some time with Him. We can also have fellowship with others who have already walked through some heart healing themselves or go to a trained counselor. Jesus is the only one who can heal a broken heart, but He can do it many different ways! Sue and I have had many sessions with a friend who has helped us, and we have learned valuable tools from a variety of places to help us continue the process of healing our hearts and responding in love to each other rather than from the pain of our past. Here are three valuable resources to help us your heart-healing journey with your spouse: THRIVEtoday: <https://thrivetoday.org/> Deeper Walk: <https://deeperwalk.com/> Life Model Works <https://www.lifemodel.org/>



**Another way to help your spouse is to have a “redemptive spirit.”** You look at your spouse through God’s eyes and you see the treasure in them despite the negative issues that may still be happening in the natural. You love them enough to say to God, “I’m willing to walk through this time with my spouse until they are able to see Jesus redeem whatever is in their life and heart that doesn’t agree with Your Word.” You love them as Christ loved the Church, unconditionally, despite the challenges that person presents to you. You’re willing to stay in relationship, and you will pray and believe that God can change them. That may be very challenging depending upon what your spouse might be doing right now, but if you stay with that commitment, you will see them change! However, if it is a dangerous or unhealthy situation for you or your children, you may have to love them from a safe distance for a while.

Healing takes time and we will all be on this journey to wholeness, peace, love, and joy for the rest of our lives. So, enjoy the process and help your spouse in their healing journey too! As your relationship with your spouse gets better, so will all the other relationships in your family and with other people. Let Father into every area of your heart. You will be glad you did!!

**Turn your home into a place of healing today!**

### **Dialogue Questions**

1. How has one of my responses to you hurt you? (pick something of lesser consequence to start with!) Briefly describe the incident and how that made you feel.
2. In what ways could I change my responses to you that would make you feel more accepted and loved by me just the way you are? How would that make you feel?
3. In what ways could I change that would make you feel safer to open your heart with me? Write down how that would make you feel if your spouse did change in that way.

### ***Fun Night Ideas***

1. Celebrate each other for no special reason. Buy her some flowers. Make him his favorite dessert. Go to a favorite place to eat or get a dessert or snack and celebrate with each other!
2. Cuddle together, watch a romantic movie, and then fall asleep in each other’s arms.