

Companion

**Someone who journeys with you
and provides support.**



Genesis 2:18 states: The Lord God said, 'It is not good for the man to be alone. I will make a helper suitable for him.' God's design for marriage is for husband and wife to be *companions*; to journey through life *together*, providing support for each other. It is sharing life *together*, working *together*, growing *together*, seeking the Lord *together*. The key word here is *together*! We are meant, as husband and wife to be together, not two separate people coming together once in a while when it is required or convenient. Genesis 2 goes on to say that a man and woman leave their families of origin and become *one*. That oneness means that we are not separate but *together* in the journey through life!

Being our spouse's companion requires intentionality. We do not become and remain companions naturally. Often, that is the expectation in marriage; that we will always just be as connected and together as we were at the beginning of our relationship. The busyness and demands of life works against connectedness and companionship. Bring children in to the mix and it really becomes a challenge! We must be intentional about finding time for each other. We must be intentional about supporting, encouraging and building each other up.

Where are *you* in your journey with your spouse? Can you say your spouse are *companions*? Do you enjoy your time with your spouse? Is there a shared presence? Sometimes that may be just sitting and watching a movie together or playing a game with the children or friends. But there should also be that close intimate time together, sharing life and dreaming together, growing together spiritually, emotionally, and intellectually. What can you do to be more of a companion of your spouse?

Helpful Resources: *Fortified Marriages Resource page:* www.fortifiedmarriages.com

The *Fortified Marriages Manual and Workbook* is a great tool to help couples grow together and become the companions God has meant them to be.

For more information see:

15 Ways to Cultivate Companionship in a Relationship Marriage.com