

Assessment

Evaluating One's Marital Health



We don't often stop and think about the fitness our marriage - is it healthy? Are there areas we can improve? What do *I* need to do to improve our marriage? Yet, the Bible speaks of assessing the state of our spirituality; our walk with the Lord pretty clearly. David asked the Lord to examine his heart in Psalms 139:23-24; "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." In Revelation chapters 2 & 3, Jesus assessed the state of the churches in Asia; providing a framework for our assessment of the state of our walk with the Lord. The church in Laodicea thought they were rich and didn't need a thing, but Jesus found that they were 'wretched, pitiful, poor, blind and naked.' (Revelation 3:17)

In the busyness of life; any couple can grow apart, lose intimacy and connection, and get to the point where marriage is just not working for one or both spouses. Stopping to evaluate our marital health and then *doing* something to repair areas that need repair or strengthen areas that have weakened can keep us from getting to a point where the marriage completely breaks down. There are many ministries and tools to help us grow in our marriage relationship. But we have to do the work of first: discovering those growth areas, finding the ministry to help and implementing the tools that will strengthen our marriage.

Paul wrote, "If anyone thinks they are something when they are not, they deceive themselves. Each one should test their own actions. Then they can take pride in themselves without comparing themselves to someone else, for each one should carry their own load." (Galatians 6:3-5) Do you, like the Laodiceans think you have it all together in your marriage? Do you have connection and intimacy in your marriage? Are you willing to sit down with your spouse and take a look at your marriage and discover the areas that need work? *And* then do what it takes to strengthen or, perhaps even, rebuild your marriage? Focus on the Family has a marriage assessment that can help you discover growth areas in your marriage relationship. Take an evening or a week-end away to sit down with your spouse to do an assessment - evaluate your marital health.

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

The *Fortified Marriages Manual and Workbook* is a great tool to help couples evaluate the health of their marriage and improve in areas that need improvement.

Article to check out:

Happily Married? A 10-Step Relationship Assessment by Janel Breitenstein - www.familylife.com

Take the ***Focus on the Family Marriage Assessment*** - www.assessments.focusonthefamily.com