

Interdependence:

Mutual reliance



The Apostle Paul wrote that man is not independent of woman and woman is not independent of man (1Corinthians 11:11). God created us compliment each us other; to work together as husband and wife to meet the challenges of life. Ecclesiastes 4:9 states that two are better than one. The passage goes on to say that two can help each other in various situations. Both Bible passages speak to the *interdependence* that should characterize a Christian marriage. There should be a mutual reliance on each other in the marriage relationship.

This mutual reliance requires trust; knowing that one's spouse has the other's best interests in mind and being able to rely on their availability when help is needed. Too often one spouse is untrustworthy; they cannot be trusted to work together as a couple in tough situations. They don't die to self and put their spouse's needs first and they are too concerned with their own needs, wants, and desires. Each spouse must be willing to submit to God, humble themselves, and seek to work *with* each other.

The independence demanded so often in our culture today is *not* Biblical. Nor is the dependence we often see in dysfunctional marriages. Healthy marriages exhibit a balance of dependence on God and letting one's spouse into his or her life to know, understand, and help them. You cannot have that balance without connecting with your spouse and growing in the oneness that is Lord's design for your marriage. Effort is required to find that sweet spot - that balance of total dependence on God and also helping your spouse and receiving help from him or her.

Do you have that balance in your life and marriage? Do you and your spouse have a *mutual* reliance on each other - working with each other and using your strengths and abilities to meet the challenges of life *together*? This does not come naturally! You must die to self, humble your self, and be willing to work through disagreements in ways to build your relationship. Do the work to build interdependence into your marriage.

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

Articles to check out:

Interdependence: The Secret To A Healthy Relationship by Dale & Adi Lee - www.christianmarriageretreats.net

6 Ways to Interdependence in Your Marriage by Shannon Kim - www.startmarriageright.com

9 Characteristics of Interdependent Relationships by Liz Jansen - lizjansen.com