

# Enjoy: Take delight or pleasure



The writer of Ecclesiastes admonished husbands to “Enjoy life with your wife, whom you love, all the days of this meaningless life that God has given you under the sun...” (Eccl. 9:9-10) Life was going to be difficult, so why not choose to *enjoy* life? This admonition applies to us today also; life is too short to live a miserable existence, but we must make the choice to enjoy life. Paul, in his letter to the Philippians reminds us to think about the pure, lovely, and admirable things (Phil. 4:8). Not being controlled by feelings, we walk in the truth and *make the decision* to enjoy our spouse - to take delight or pleasure in him or her.

Yes, our spouse’s behavior will not always warrant our taking delight or pleasure in them, but the question is, where is our focus? Is it always on the negative? Do we constantly point out the wrong he or she does and tend to over look the good things they do? God doesn’t focus on the wrong we do; how can we remain focused on whatever wrong our spouse has done? Yes, we need to deal with sinful behavior, but then we need to move on and focus on the good in the other person. As both husband and wife change their focus to the positive rather than the negative, they can begin to take a delight and pleasure in each other—they can begin to *enjoy* each other.

What can you do together to enjoy life? A walk in the park? A drive into the wilderness? Playing a game together? Watching a movie? Getting a massage together - or massaging each other? There are many things you can do to break away from the hectic pace of life and spend some time *enjoying* each other. Choose to focus on your spouse and take delight or pleasure in him or her.

**Helpful Resources:** *Fortified Marriages Resource page:* [www.fortifiedmarriages.com](http://www.fortifiedmarriages.com)

**Articles to check out:**

*Choosing to Enjoy Married Life* by Ted Cunningham - [www.focusonthefamily.com](http://www.focusonthefamily.com)

*Enjoying Married Life: It’s the Little Things that Matter* by Colene Schlaepfer - [www.marriage.com](http://www.marriage.com)