

Selfless:

Concerned more for others than for self



The Bible tells us that love is giving of ourselves just as Jesus Christ gave Himself for us (1John 3:16). Jesus demonstrated selfless love not only by dying on the cross, but throughout His time of ministry on earth. He admonished the disciples—and us—to serve others, put others first, care for others; the list can go on and on. It is abundantly clear from the Word of God that Christians—those who profess Christ as Lord and Savior—are to live *selfless* lives. We are to be more concerned for others than for ourselves. Galatians 6:2 sums it up in that we are to carry others' burdens—*for it is the law of Christ*. Christianity is not about rules and regulations, it is about loving God and loving others. Second to God, who should we be loving? Our spouse!

I think in more than twenty years of counseling, we've had one or two people come asking for help to love their spouse more. Few people are concerned with how can they be more selfless and loving towards their spouse and others. Yet, this is what Christianity is all about! Dying to self, putting others first, and serving God by loving people. Selfless living would not only improve our marriages, it would profoundly change our families and the world! This is not a list of things to do, but an attitude of our heart. To live the law of Christ, we must be selfless.

I can hear people saying, "But you don't know *my* spouse." They are right, but I do know that Jesus said to love our enemies, so even if your spouse is any enemy, you are to love him or her. Daily living a selfless life is not easy; I think of Paul writing that he did the things he didn't want to do and didn't do the things he wanted to do. We won't be perfect, but we won't do it at all if we have the attitude that we *can't*. Armed with an attitude of selflessness, we can begin thinking of our spouse more and what we can do to love them more by giving of ourselves. Will you make that commitment? To be more concerned for your spouse than yourself?

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

Articles to check out: *Taking the 'I' Out of Marriage* by Clem Boyd - www.focusonthefamily.com

Being Intentionally Selfless in Marriage by Naomi Costales - abiblicalmarriage.com

The 100-0 Marriage by Chris Garner - www.fortifiedmarriages.com

Book to check out: *A Selfless Marriage* by Cliff Lea