

# Protect:

## To defend or guard from attack - to seek to preserve



A couple must be intentional about protecting their marriage - Satan wants nothing more than to destroy marriages. Peter wrote that we should “Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith...”(1 Peter 5:8-9) Not only must we be on guard against attacks from the outside, but we also must guard against busyness and neglect that can happen through the course of daily life.

Healthy boundaries will help fortify the marriage against the attacks of the outside world. Both spouses must be willing to work on the relationship and give to make the relationship work. There are times when one must choose to die to self and give in to his or her spouse. Boundaries give the choice to say “yes” or “no”; a person making the choice to give demonstrates Christ working in their life.

Protecting the marriage also means that other relationships will change. While couples in a healthy marriage will have relationships outside of the marriage, going out with friends and extended family take lower priority. It is not healthy to have the same relationships with people of the opposite sex as prior to marriage. Emotionally intimate relationships with people of the opposite sex must be avoided. This is basic to a healthy marriage and is part of the commitment a couple makes to each other.

Seeking to preserve your marriage requires some work - it requires connection and spending time together. You must work *together* as a couple in *all* aspects of life; the challenges you face, finances, parenting, household chores - it is being a team to accomplish what the Lord wants for you, your marriage, and your family. Are you protecting your marriage? Defending it from attack, preserving it through the tough times and good times? Connect with your spouse *daily*, work together as at team to meet the daily challenges of life.

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

The *Fortified Marriages Manual and Workbook* is a great tool to help couples protect their marriages.

**5 Ways to Protect Your Marriage** [Firstthingsfirst.org](http://Firstthingsfirst.org)

**8 Ways to Protect Your Marriage** [Familylife.com](http://Familylife.com)