

FOCUS:

The center of interest or activity



Making another person the center of interest or activity isn't difficult when we are dating or newly in love. I would guess that most people were like me when I was dating my wife - she was my entire focus. I thought about her all the time and everything I did centered around her in some way. We married and there was career, kids, household chores, ministry, friends, family... the list could go on and on - in short, life happened and the focus changed. Yes, life does happen and it is impossible to be totally focused on our spouse, but there must be *some* focus and I would even say, there should be more focus on our spouse than on any other person and most other activities.

I read a thought provoking question recently that asks: "What do your calendar, bank account, thought life, bucket list, and daily communications show you are most passionate about?" What would these things say about our focus? Is it hobbies and material things? Our friends? Our self? Or is it our spouse and family? Yes, there will be seasons where children, job, extended family, or challenges will require our focus. Spouses can usually understand those busy times, but when it is continuous, month after month; or even year after year, there isn't going to be that understanding. There is going to be the feelings of neglect. What *are* we most passionate about? Where *is* our focus?

There really is no excuse for not focusing on your spouse - making him or her the center of your interest and activity. Sure you may be stuck in a grinding period at work; but you still can send cards, make phone calls, do things to demonstrate that you still are focused on them. There may be illness or financial problems or any number of life situations going on; but you still can take a few moments in the day to focus on one another. It really is a matter of having a right attitude; as 1Corinthians 7 tells us; the husband or wife is concerned about the things of the world, how to please their wife or husband. It is not something we must do, it is an attitude that we have and giving of ourselves, we put our focus on our spouse to make them happy.

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

The *Fortified Marriages Manual and Workbook* is a great tool to help couples grow in their marriage relationship. Additional information about focusing on your spouse can be found in the following:

Secret to a Happy Marriage: Put Your Spouse First by Mel Robbins

Yes, You Need to Prioritize Your Marriage Over Your Kids by Virginia Pelley