

Appreciation:

Recognition of the good qualities of someone



It is interesting that husbands and wives can often tell you of all the wrongs their spouse has done, but usually draw a blank when asked to list the good things about their mate. When dating, we only see the good things; often overlooking potential problem areas, but once married, we tend to focus on the negative - often, to the exclusion of considering anything good about our spouse. We follow our thoughts; essentially, as we think, we are. Yes, there are times when more is required; medical help, counseling, or medication might be required. Often, we just need to change our thinking.

Paul wrote to the Romans that they should be transformed by the renewing of their minds (Romans 12:2). We are transformed by the Word of God and incorporating it into our lives. Paul completed his letter to the Philippians saying: "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things." (Philippians 4:8) We are called to focus on the positive - we are to recognize the good qualities in our spouse. We are to address the issues that come up, but not dwell on those negative things.

What do you appreciate about your spouse? Do you tell your husband or wife that you appreciate them? Make it a daily habit to tell your spouse what you appreciate about them - recognize the positive things they do! Do you know that recognizing and verbally commending positive behaviors does much more to affect positive change than constantly criticizing the negative behaviors? Tell your spouse what you appreciated about him or her!

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

The Fortified Marriages Manual & Workbook helps couples discover the good things about their spouse and to effectively communicate their appreciation. Also see:

How Lack of Appreciation Can Take a Serious Toll on Your Marriage by Sylvia Smith - marriage.com

Resolve to Create A Culture of Appreciation in Your Marriage by David Tolbert - livingwelljax.com