

# Intentional:

Being purposeful, deliberate -  
premeditated and planned.



Intentionality is required for a strong, healthy marriage - for a *fortified* marriage. Intimacy, connection, healthy communication - all the things we need for a good marriage don't just happen on their own. Not only must we be purposeful and deliberate about building these attributes into our marriages, there is premeditation and planning involved. Do we learn to do our job well or learn to drive without intentionality, without deliberately making an effort to learn those things? No! There is planning and purpose that go into learning the skills and abilities we acquire in our lives. It is the same with our marriages, we must be intentional about building a strong, healthy marriage.

Most couples marry and then settle into life and become so busy with life that they are not intentional about building intimacy in their marriage. They don't seek to meet each other's needs and often connect only in passing or when dealing with problems that arise. The "weekend marriage" (connecting only on weekends) is a very real part of our culture today. The problems with this is; one, this is not God's design for marriage and two, it doesn't work. The couples we meet for counseling aren't intentional about building intimacy, connecting, meeting each other's needs, or often, working together to meet the challenges of life.

Couples often buy into the myths perpetrated by our culture that we marry and then "live happily-ever-after" or that "love conquers all." The happily-ever-after myth is straight from the pit of hell and brings about a lot of the marital problems experienced today. The Bible tells us that those who marry *will* face many troubles in life. We live in a broken world and will experience trouble. Couples *must* be intentional about facing those troubles *together*. What the promoters of the "love conquers all" myth mean, is that as long as we *feel* love for our spouse, everything will be good. Anyone who has been married more than a week, can tell you that we don't always feel love for our spouse. Love is giving of our selves; it is being purposeful, deliberate - being *intentional* about connecting with and working with our spouse.

Examine yourself and your marriage relationship; are you intentional about connecting with your spouse? Do you make the time grow in your intimacy? To meet your spouse's needs? To build a healthy, strong marriage? Make a plan *together* to be intentional about growing in your marriage relationship and working through the problems you will face together.

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

*The Fortified Marriages Manual & Workbook* is a great resource helping couples *intentionally* grow in their marriage relationship. Visit our website to discover great resources. Also see:

*Are You an Intentional Marriage Partner?* by Steve & Cindy Wright  
[marriageemissions.com/intentional-marriage-partner](http://marriageemissions.com/intentional-marriage-partner)

*7 Intentional Steps For a Better Marriage Today* by Kevin A. Thompson  
[www.kevinathompson.com/7-intentional-steps-for-a-better-marriage-today](http://www.kevinathompson.com/7-intentional-steps-for-a-better-marriage-today)