

# Companionship:

## A sense of closeness with another person



At creation, God said that it was not good for the man to be alone - we are created for companionship. The problem is that at the fall, that *sense of closeness* was lost and husbands and wives have been trying to get it back or running from it ever since. The concept of oneness - of two very different people becoming *one* in the marriage relationship works toward companionship; but companionship is a *choice* we make. We must make the choice to move closer to our spouse - then that sense of closeness will follow. It is a matter of making the time to cultivate - to grow in our relationship with our spouse. Companionship doesn't occur naturally; even though it seems natural at the beginning of our relationship. After we've been married a while, companionship requires intentionality. Remember, the Lord wants us to have that *sense of closeness* with our spouse.

We attain that sense of closeness by being purposeful and intentional about growing in our relationship. It is a matter of spending time together, doing things together, working together, serving together - there are many things we can do to build companionship in our marriage. We must realize that companionship will usually be different for husband and wife. Often companionship for a woman is connecting at deeper emotional levels; meaningful talks, studying and discussing God's word together, connecting at deeper levels. Men don't necessarily view companionship in that same way. Companionship to a man usually means doing some activity *together*. It may involve going for a hike, watching TV together, going to a movie together. This *can* be a great source of conflict in the marriage relationship.

The challenge is to first discover what companionship means to you and your spouse. What makes each of you feel that sense of closeness with the other? Then you must intentionally do the things that will build companionship with your spouse. I feel close to my wife when we spend time together; it can be watching a movie together, traveling together, or playing a game together. While Carmen enjoys those things, companionship is more than those things, it is a deep connection as we talk about life, our family, the things of God. So we give to each other and meet each other where the other is at - sometimes connecting at the deeper levels, sometimes just *hanging* out together, not saying a word. What will *you* do to build that sense of closeness with your spouse?

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

**Articles to Check Out:**

*The Need for Companionship* - [www.romanceinmarriage.org](http://www.romanceinmarriage.org)

*Extraordinary Companionship in Marriage* by Steve & Cindy Wright