

# Courage

**The strength to persevere and stand facing danger, fear, or difficulty**



Marriage requires courage. It takes courage to confront the wrong behavior in a spouse, to set boundaries, or to be willing to ask for help. Courage is required to stop trying to control our spouse, to listen to our spouse without getting defensive, to admit when we are wrong, to ask for forgiveness - to be open and vulnerable with our spouse. There are so many instances where we must have courage each and every day; sometimes, its just mustering the courage to hang in there when we don't feel like it. Courage is not a lack of fear, it is persevering in spite of our fear. We live in a broken world and our spouse is *not* perfect. Courage is facing the challenges of the day even during those times we want to turn and run.

It is terrible when Christians give up on marriage: they may say that they do not love their spouse, ask why they should remain in a loveless marriage, or they say they just can't do it any longer. Often it is a lack of courage - the strength to persevere and do what's right. It also is terrible when there is no openness; couples not communicating for fear of how the other might react or a lack intimacy because of past hurts or problems. Courage means that we will fight through the problems we experience to develop the oneness and intimacy that is God's plan for our marriage.

The Word of God says; "Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." (Joshua 1:9) Courage means that we have boldness and confidence; not in ourselves or our situation, but in the Lord our God. It means that we have a firmness of mind; a *resolution* to face the problems and challenges that we *will* face in our lives and our marriages. One author stated that Christian courage is the willingness to say and do the right thing in the face of fear, danger or difficulties. Sometimes the *right thing* may mean making the phone call to get help when there is on-going sin or abuse. Persevering means that we don't leave just because there are problems or we don't *feel* love.

Do you have courage? Do have the strength to persevere and stand facing danger, fear, or difficulty? Are you open and honest with your spouse, revealing what is going on in your heart and mind? Stand strong in the Lord, trust in Him and face the troubles you experience in life.

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

**Articles to check out:**

*How to Have a Courageous Marriage* by David Sanford - [www.crosswalk.com](http://www.crosswalk.com)

*Marriage Takes Courage* by Erin Smalley - [homefrontmag.com](http://homefrontmag.com)

*Why You Need Courage In Marriage* by Mark & Jill Savage - [jillsavage.org](http://jillsavage.org)