

# Tune-up

An adjustment to ensure  
efficient operation



Many couples - *too many*, marry and then go on with life; investing in career, children, even ministry, but being too busy with life to invest in their marriage. Yet, just like the car, the heater/air-conditioner in the home, or other mechanical systems, our marriages need regular *tune-ups*. I like Pastor Ted Cunningham's admonition for couples to take *daily disconnects, weekly withdrawals and annual abandonments*. We need to stop daily, disconnect from the tasks of the day to connect with our spouse. And then on a weekly basis, pull away from the work of life to spend some time with just the two of us. Finally, we need to take a weekend - or a week, to get away - *just the two of us*. Taking the time to connect with each other; to spend some time to check in with each other; emotionally and spiritually, will serve to *tune-up* our marriages. It provides the time to make adjustments so that our marriage can operate more efficiently and we can better work together.

We must be purposeful about tuning-up our marriage; it will not happen on its own. We have to intentionally stop and take the time with our spouse. The busyness of today's world will consume us if we do not work to ensure connection with our spouse. So many couples today rush through life dealing with the challenges of life and neglect their relationship. Needs aren't met and they become disconnected and distant. At some point, one or the other may begin to wonder why they are even in the relationship. A wife may decide to separate from her husband and he wakes up to wonder what has happened and seeks to work on the relationship, but she has already checked out - it's too late. It is sin, but not just the sin of breaking the covenant of the marriage relationship - there was the sin of neglecting the marriage relationship.

Friends, please be purposeful about taking the time to connect with your spouse. The Bible admonishes husbands and wives to *love* their spouse - to give of themselves and grow together in oneness. Similar to the garden, if we do not *maintain* your marriage, weeds will pop up and your marriage will dry up and die. Regular *tune-ups* are *required* to sustain a healthy, vibrant marriage. The 10 questions to ask regarding a marriage tune-up referenced below are excellent. Take a look and, with your spouse, evaluate where you are in your marriage. Pray together as a couple! It is a great way to spend a few minutes each day focusing on the Lord together and growing together as a couple. Intentionally make the time to connect with your spouse on a regular basis.

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

**Articles to check out:** *Time for a Marriage Tune Up? 10 Questions to Ask Yourself & Your Spouse*

by Michelle S. Lazurek - [955thefish.com](http://955thefish.com)

*5 Reasons to Tune Up Your Marriage* - [allproddad.com](http://allproddad.com)