

Passion

A strong feeling of enthusiasm
or excitement



Passion; those strong feelings of enthusiasm and excitement are what brought the majority of us together with our spouse. At some point, he or she became the focal point of our life. There was a time before Carmen and I were married when I would have to go to her office for some work related thing (*real or contrived*), and I would back out of the office keeping my eyes focused on her. I had a real *passion* for her - that intense emotion that compelled action - expressing love for her.

The problem for us was that once married, life hit us like a semi-truck, dealing with work, children, our new walk with Christ and a host of life challenges. Passion faded and although it would resurface, problems in our lives and marriage would tend to squash it back down. Like too many marriages, our passion for each other waned and finally, almost disappeared. Our strong feelings of enthusiasm and excitement faded and unfortunately, were replaced with feelings of hurt, anger, and even despair. But just as that passion was rekindled in our marriage, it also can be brought back in your marriage.

The Bible tells us that God's mercies are new every morning, His *steadfast* love never ceases (Lamentations 3:22-23). We must rekindle feelings of love for each other on a daily basis. Keeping passion in our marriage requires conscious effort - it doesn't just happen. Even at 42 years of marriage, there is passion in our marriage - there are those feelings of enthusiasm and excitement. Yes, there are those seasons of life that require focus on other things - as we have been dealing with for the past two months. But, we always bring it back together; seeking to build that passion for each other.

Passion isn't about what the other person is doing; where are your thoughts? Are you focusing on your spouse in a way that will build feeling of enthusiasm and excitement? Healthy marriages *require* passion; husbands and wives *need* to focus on each other in positive ways. Yes, with the grind of daily life, children, career, bills - all the stuff of life, you won't have *passion* for your spouse each and every day, but as you focus on him or her in positive ways, those strong feelings of enthusiasm and excitement can resurface and can energize your marriage.

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

Articles to check out: *Importance & Role of Passion in a Marriage: 10 Ways to Revive It*
by Marriage.com Editorial Team - marriage.com

The Secret of Every Passionate Marriage by Allan Kelsey - faithgateway.com