

Thankful

Feeling & expressing appreciation
for people or things in your life



It is easy to lose sight of what is important in life. We all have a myriad of things to do - whether we are young and just starting life together as husband and wife or we've been married for many years and are in the twilight years of our lives. Too often couples just exist together attempting to get through another day, or they are stuck in an endless cycle of hurt and recrimination. Being thankful can actually change your marriage and bring a happiness that perhaps you haven't felt in a while.

As Christians, we thank the Lord for what He has done in our lives - all we have to do is consider for a moment where we would be without Jesus in our lives. We have so much to be thankful for! An attitude of thankfulness *should* permeate our lives. That includes our marriage relationship. I don't know about you, but I have *a lot* to be thankful for in my marriage! Carmen being in my life has made me a better person - it hasn't always been fun, but as iron sharpens iron, the Lord has used us in each other's life to hone and sharpen us into people more conformed into the image of Christ.

Research actually demonstrates that being thankful can strengthen our marriage, increase long-term happiness, and make our marriage more positive. Sure, there will be those times where it's just not fun living with our spouse. Life can be hard - this year has been a difficult year for us with my mother going to be with the Lord, health issues for both of us, and downsizing from our home of 30 years to a smaller home. Sometimes we had to search for something to be thankful for, but there was *always* something! Having my wife incapacitated for four months was a trial, but I could be thankful that she was alive and that her disability was temporary and not permanent. It was a matter of stopping for a moment, taking stock and acknowledging that I still had much to be thankful for.

We not only should have a thankful attitude and make the effort to be thankful, we should express that thankfulness to our spouse. Tell them, not only that we are thankful for them, but what are we thankful for. Making the effort to express appreciation for our spouse and a regular basis will improve our marriage. I am challenged, even as I write this, to stop each day and consider what I am thankful for in my wife and then to express that thankfulness - to tell her what I am thankful for. Would you join me in this challenge? Tell your spouse something you are thankful for each day - let's see if we can do it for 30 days - and let's see what it will do to our marriage.

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

Articles to check out:

Being Thankful For Your Marriage! legacymarriageresources.com

5 Keys for Being Thankful in Marriage by Chris Ownby - firstthings.org