

# Authenticity

## Genuine and trustworthy in your words & actions



As Christians, we are new creations, the old is gone, the new has come (2Corinthians 5:17). We are not to be like the world changing direction with every phase or fad that comes along. We are not to be controlled by our feelings, but by the truth - God's Word. We should be real - authentic in that (to use an old cliché) we say what we mean and mean what we say. There is so much pulling at us in today's world, it can be difficult to be genuine; the "triggers" and prejudices of others often hinders our being totally open with those in our life. Healthy relationships require authenticity; they require that we be *genuine and trustworthy in our words and actions*.

Authenticity; being genuine or real, means that we acknowledge our imperfections and that we don't expect ourselves or our spouse to be perfect. We cannot be perfect! But we should be moving forward in our walk with the Lord and growing in holiness as we grow in our relationship with the Lord. There are no perfect people and there is no perfect marriage. Accepting those facts can help us toward genuine authenticity. As we align our lives with Scripture and imitate Christ in our daily activities, it will be easier to be authentic in all of our relationships.

Are you *authentic* in your marriage? Your relationships? Are you genuine; honest in your communication, even when it is difficult? Changing our ways of interaction can be difficult, but the rewards of being authentic is so worth the pain that we might experience to make the changes. Be authentic; genuine and trustworthy in your words and actions to build trust in your marriage. The safety and intimacy built into your marriage will help move toward a strong, fortified marriage to withstand the storms that will come in life.

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

The *Fortified Marriages Manual and Workbook* is a great tool to help couples connect and work together to meet the challenges of life.

### Articles to check out:

*Authentic Marriage: The Relationship Between Intimacy and Conflict* by Rudy Hagood

*Authenticity in Relationships* by Anna Aslanian - [www.gottman.com](http://www.gottman.com)