Philippians, chapter 2 admonishes us to live as Christ lived; to "do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others." Jesus selflessly gave Himself as a sacrifice to reconcile mankind to the Father. Sacrifice in the Old Testament unsually involved blood sacrifices; an animal dying to temporarily cover the sin of people. Jesus gave the ultimate sacrifice of giving Himself for us. The command of the New Testament sacrifice is for us to live as Christ lived - *sacrificially* every day of our lives.

Just as Jesus voluntarily gave Himself for us; we are admonished to voluntarily prioritize our spouse's well -being, their needs before our own personal desires. Yes, this will not work with an abusive or selfish spouse, but more often, neither spouse is willing to die to self for their spouse. Marriages would dramatically change for the better if both husband and wife would seek to give selflessly to each other. It is incredibly simple, yet difficult - at first. When we, in humility value, our spouse above ourselves and seek their welfare, their interests, their desires, above our own, it changes everything. Perhaps, you have that self-seeking, ego-centric, self-centered spouse. Jesus was surrounded by such people His whole life on earth, yet He voluntarily, selflessly gave Himself for those very people.

It begins with humility; to stop putting ourselves first and putting others - especially our spouse first. When you are hungry or thirsty, do you ask your spouse if they would want something to eat, rather than just getting something for yourself? Do you go out of your way to ensure your spouse's comfort over your own? Do you seek to help him or her, meet their needs, take care of them, rather than looking for help, care or getting your needs met? Husbands, this begins with you! (see Ephesians 5:25-27) The Lord has put me in a place where I've had to learn to learn this lesson through some pretty difficult circumstances. I'm doing better, but I still have a long way to go. If I can learn to live sacrificially, you can also...

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

The *Fortified Marriages Manual and Workbook* is a great tool to help couples develop a great, Christ-centered marriage.

Article to check out:

What sacrificial love looks like in marriage by Greg Smalley - www.focusonthefamily.ca