

Scripture: Matthew 5:41

Whoever forces you to go one mile, go with him two.

Insight

The Sermon on the Mount (Matthew 5-7) continues to offer some of the most challenging guidance ever presented to mankind. It contradicts our daily thoughts and pulls us towards recognition of who God really is and what humility really looks like. When we put Jesus' teaching into the context of marriage and family, it continues to present a great challenge: Do I go the extra mile at home?

It is so easy for us to get caught up in a critical spirit and begin to view our obligations at home with contempt, especially when we don't feel our spouse is carrying their weight. Do you find yourself getting frustrated about the amount of time you are spending (relative to your spouse) cleaning the house, doing laundry, paying the bills, caring for the kids, running errands, doing yard work, etc.? Our response to our own efforts is often, "I just went one mile, now it's your turn!" What a contrast to the counsel offered by Jesus.

This verse offers no room to gripe and complain, but instead leads us towards holy actions that will reveal God working in our lives. Christ does not call us to this type of unnatural response because he just wants us to be extra generous. Instead, he calls us to a higher standard, because this is how others lives are changed and are drawn closer to God. When a family begins to live out this principle of humility in their lives, they will see dramatic changes begin to occur as each person tries to carry each other's load for the extra mile.

So, the next time you see your spouse working around the house, set a new family standard and say, "Honey, why don't you rest and let me do that for you?"

Sharing

During the week, talk about the following:

- How have others gone the extra mile for us?
- How would we rate our relationship in going the extra mile for each other?
- What extra mile would you appreciate most by your spouse?
- What are some ways we could go the extra mile for each other and others?

Make an effort to go the extra mile this week, individually and as a couple. If you have children, look for ways you can go the extra mile as a family to model these principles for them.