

Thankfulness

Thankfulness is a decision. It reveals who you are in good times, but most of all in the tough times. It has the power to create an atmosphere where you want to grow in your relationship with your spouse. A thankful heart within a relationship draws a couple closer together. It accepts others for who they are and not just what they do. It is the vaccine against selfishness.

Couples often ask how they can grow closer to their spouse. How can we increase our intimacy and feel more connected? The answer is that it often starts with thankfulness. If you are not thankful with what you have, it is difficult to be truly thankful when you get what you want. When you show love to your spouse in spite of the challenges, it sets the tone of the relationship. It says, "I am there for you today, and I will be there for you tomorrow."

Too often, we forget to let our spouse know what we are thankful for about them. Taking the time to speak words of thankful affirmation into the life of your spouse can sow the seeds of joy, faithfulness, passion and appreciation. You reap what you sow, and can therefore live in expectation of a great harvest in your relationship.

Take the time this month to tell and show your spouse the ways you are thankful for them. If you are really bold, consider writing a letter of thankfulness. You will be amazed the impact that this one small act can have within a marriage.

Blessings,

Brian and Trudy

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

- Colossians 3:15