

Maintaining a healthy marriage in times like these



Scriptures: Matt 19:4-6, Prov 14:1, Titus 2:5, Luke 17:3-4, Gen 2:25, Prov 12:4, 1Peter 3:3-4

The marriage vows

(I, N, take you, N, to be my husband, to have and to hold from this day forward, for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish, till death us do part, according to God's holy law, in the presence of God I make this vow.

Above is the wedding vow many of us made the day we got married to our husbands. Unfortunately, many wives only took that oath, and never go back to check if they are adhering to the vow they made before God. We must be faithful to the marriage vow we made to our individual spouses.

Since the pandemic, statistics shows that there has been an increase in divorce and this includes the church. The increased need for couples to stay at home together, the lost of job, less income coming in, having to home school the children etc. have all contributed to the breakdown of marriages, even though it ought not to be so.

We want to look at how we can keep our own individual marriages healthy despite the state of things in our world.

What is a healthy marriage?

A healthy marriage is a marriage where both husband and wife honour the Lord, and honour each other as they honour the Word of God. The West Minster Catechism tells us that the chief end of man is to glorify God and to enjoy Him forever, if this be the case, glorifying and enjoying God affects the marriage of a christian wife.

What are the attributes of an unhealthy marriage?

Nagging, not talking to each other, secrecy, privacy, individualism, competition, no couple altar, lack of sexual intimacy etc.

Why maintain a healthy marriage?

- a. We ought to maintain a healthy marriage so that God's Word is not blasphemed. Titus 2:5
- b. God desires the Christian marriage to be a platform where the Word of God is proclaimed. 1 Peter 3:3-4
- c. We will give account of our marriage to the Lord.
- d. Marriage is only here on earth, and Christ' return is closer.
- e. Tough season in life or in marriage does not last forever.

When should you maintain a healthy marriage?

- i. You should maintain a healthy marriage in times like these and at all times. A marriage falling apart in times like these is an indication that the marriage had health problems prior to now which may have been unnoticed or maybe swept under the carpet.
- ii. As long as it is within your power, maintain the health of your marriage (be it sexual intimacy, financial accountability, friends etc.) Prov 14:1

How do you maintain a healthy marriage?

- a. **Focus on the Lord:** the closet life of a wife is important. Take your personal prayer time and private reading and studying of God's Word serious. Matthew 19:4. As a wife, you need to read the Bible, spend time in prayer and read good christian marriage books.
- b. **Create "me and you time" with you and your husband:** Do not be too busy not to have time for your husband, you must be deliberate about this. Create time when you play, pray, talk, discuss and resolve issues that bothers anyone of you.
- c. **Be open and transparent with your husband:** There should be no issue that you keep away from your husband. You must not be ashamed to discuss anything with your husband. Gen2:25
- d. **Do not allow third parties to ruin your marriage:** friends, families, colleagues etc should not be the ones running your marital affairs. Social media is another great third party that has the capacity to influence the health of christian marriages, do not run your marriage like the social media marriages. Let your marriage always be a twofold relationship (both of you and then God). External influence should be carefully sort.
- e. **Be quick to hear and slow to speak:** Oftentimes, women are very vocal and expressive, while you must express yourself, also make sure that you are also on the receiving end, listen attentively to your husband's concerns, be observant, and seek for godly ways to speak into situations or issues that you discover. (For example, a woman who discovered that her husband is having an affair as she saw text messages, or phone conversations, or she discovered that her husband has money even though he claimed he did not).
- f. **Maintain short account with your husband:** Do not keep record of wrongs either in your heart or by depositing them with your mother, friends etc. Find suitable time to resolve matters with your husband, do not pile them up for long, for if you do, you may find yourself explode and make matter worse as a result of all you have bottled up.
- g. **Be ready to forgive and let go:** as a wife, you must know that while we are still on this side of eternity, offence will come, and when offence comes, be a true believer by forgiving your husband. Healing might take time for you, but let forgiveness take place immediately.

What are the benefits of maintaining a healthy marriage?

- a. It keeps you in good health both physically, mentally and spiritually
- b. It gives you the privilege to witness the relationship between the God-head, and between Christ and the Church to our watching world.
- c. It gives your children the opportunity to witness godly marriage and for them to grow in a healthy home.
- d. It gives you the privilege to be a crown to your husband. Prov 12:4
- e. It makes you ready to give an answer for your faith.
- f. It prepares you for the marriage supper of the Lamb.