

# Why Commitment Is Mandatory for Marriage

There is one tool you must have in your toolbox if you are going to be successful in your marriage: commitment. Of course, love, trust, compassion and grace are critical as well, but commitment is mandatory for a loving relationship

Here are some things to consider:

**First, making a commitment to our mate establishes our mindset.** Attitudes are critical to our well-being. Scripture tells us that we will face adversity, but it can make us stronger and connect us to one another.

**Second, a mindset of commitment sets us on a path of healing and connection.** Our mindset sets us on a particular path—one of connection and healing, or one of disconnection and conflict. Being connected on an agreed upon problem is powerful and enlivening. We can choose which path we will take. Choose wisely.

**Third, working together helps us overcome any obstacle.** A task shared is an obstacle divided. Working together not only shrinks the obstacle, but binds us to each other. We are, quite literally, in this together and determined to find solutions. We are made to work together and find strength from one another.

**Fourth, growing through adversity creates connection and intimacy.** Teamwork connects us to one another. A shared goal facing a common “enemy” is powerful at binding us to each other. Ask anyone who has faced combat how important reliance on one another is to feeling safe and empowered. Agree together on the shared goal, the shared path and the shared tasks for getting there.

**Finally, trusting God, and each other in adversity, cultivates confidence for later issues.** God is your ultimate source of protection. Knowing that God wants good for you and wants you to be well is your ultimate source of strength. Consider His promises of protection when feeling discouraged and vulnerable.

*“Can two people walk together without agreeing on the direction?” (Amos 3:3)*

Adapted from an article by David B. Hawkins

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## Your marriage can be one of your life's most rewarding relationships!

It's a challenge to build a strong, God-honoring relationship. But so worthwhile! Whatever your age, whether dating, engaged, or married, there's a class or seminar for you.

## RESOURCES FOR COUPLES

**Have you considered helping others?** Marriage Team invites you and your spouse to become a coach couple. You'll learn practical skills to encourage couples in all stages in 20 hours of training. Pre-married to seriously challenged couples are saving their marriages with the support of couple coaches like YOU! **FREE** training starting Fri, Oct 6 in Vancouver, WA. Details at [www.MarriageTeam.org](http://www.MarriageTeam.org).

**Love and Respect** We believe love best motivates a woman and respect most powerfully motivates a man. Research reveals that during marital conflict a husband most often reacts unlovingly when feeling disrespected, and a wife reacts disrespectfully when feeling unloved. Fri and Sat, Oct 6-7 at A Jesus Church – West Side, Portland. Details at [www.LoveandRespect.com](http://www.LoveandRespect.com)

**Betrayal Redeemed, A Journey from Hurt to Hope**, a one-day workshop for women who have been betrayed. It is led by professional counselors who have experienced betrayal and know the road to recovery. Sat, Oct 21 at Mountain Park Church, Lake Oswego. Details at [www.TuffStuffMnistrries.com](http://www.TuffStuffMnistrries.com)

**Weekend to Remember** A weekend to renew your love and commitment to one another, to reminisce all of the reasons why you married, to restore a little romance in your relationship. It is a weekend to discover the blueprints for a healthy, happy marriage. Nov 10-12 Jantzen Beach Red Lion. [www.WeekendToRemember.com](http://www.WeekendToRemember.com) Register using the group name “MarriagePDX” to save.

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Check out additional resources at [www.EveryMarriageMatters.org](http://www.EveryMarriageMatters.org)