

Guard your heart, Guard your marriage

Chantalle Alfaro

Great marriages just don't happen. Great marriages don't just happen because you're Christian either.

Read Proverbs 4:23

Questions: What comes to mind when you think in terms of “guarding your heart”? What does it look like in your life?

Your heart is a control centre that affects your thinking, feeling and choosing.

Question: What changes or how is it helpful to look at your heart in this way?

The condition of your marriage is affected by the condition of your heart. Actively guarding your heart is choosing to actively guard your marriage.

Guarding our hearts looks like:

1. Paying attention to your emotions and what's coming out of you.

Question: Like the warning light on a vehicle dash board, what emotions are surfacing that are revealing what is inside your heart?

2. Acknowledging and dealing with your baggage (past emotional issues that have not been addressed)

Pro-tip: Best to address baggage with someone else and someone who is not your spouse.

3. Combatting against comparison

Andy Stanley: **“Comparison is the thief of joy.”**

Question: How have you seen the truth of this in other areas of life?

“The grass isn't greener on the other side, the grass is greener where you water it.”

4. Being careful of who you let influence your marriage

Questions: What are some “influencers” that could potentially be negative for your marriage and why?

Read 1 Corinthians 10:23

5. Praying together and praying for your marriage

Bonus thought: Make room for fun in your marriage.

Read Proverbs 17:22

Marriage is like a dance. If one person changes their footwork, the whole dance can change.

Resources And Next Steps

Book: Before you split by Toni Nieuhof

https://www.amazon.ca/Before-You-Split-Really-Marriage/dp/0525653368/ref=sr_1_1?dchild=1&keywords=before+you+split&qid=1613156254&sr=8-1

The Smart Family Podcast: how to enjoy being home together

<https://open.spotify.com/show/4nEZS6PTq7QlR2tlvu2knO?si=DoSqe4IzSSSfWw8PV1SJvA>

Book: The seven principles for making marriage work by Dr. John Gottman

https://www.amazon.ca/Seven-Principles-Making-Marriage-Work/dp/0553447718/ref=sr_1_1?dchild=1&keywords=7+principles+of+making+marriage+work&qid=1613156362&sr=8-1

Nanaimo Family Life Association Counselling (sliding scale for pay)

<https://www.nflabc.org/senior-peer-counselling-program/>

Sign up for the Datenight Goodie Bag:

<https://generationsycd.elvanto.eu/form/41f7499d-56b4-4a52-b2b3-4b0d8bd1ae3d>

(pick up day is Thursday, Feb 25 11am-2pm)