

Get Over Your Emotions & Spice Up Your Marriage!

In a recent survey, I asked women who have been married for 10 years and over if they wanted to spice up their marriages. Surprisingly, the overwhelming responses were, “I don’t want to talk about it,” or “Not really, you don’t know my husband.” Simply put, the answer was “No.” Why is it inconceivable after being married for a number of years that women would want to revive their marriages? Regrettably, the audacity to ask why is left unchallenged because we all know the answer.

In a casual conversation when I was a newly wed, a co-worker revealed that she and her husband had not engaged in intimate relations in over six months. The comment left me grasping for a response. It was incredulous that one would make such a claim. However, after being married for several years and with the inclusion of children, it can easily become a startling reality if permitted.

Let’s start with the pre-marital expectations. Women are taught as little girls that one day their handsome prince will come and sweep them off their feet. Did I did say, “Handsome?” The couple would get married and live happily ever after. Well, that fairy tale only lasts for a short time. After the honeymoon and life goes back to routine, the fantasy gets overshadowed by minor annoyances. Intimacy can go south very quickly as household tasks are ignored, criticism increases, an argument here and there, and the onset of personal issues. This is especially true when time is consumed with raising children.



Over time resentment can build in a marriage because expectations are not being met. Most women want their husbands to be a leader and a partner sharing the responsibilities around the home. This includes rearing the children, fixing minor repairs, paying the bills, coordinating with contractors and so forth. They also want communication, friendship, love and to be valued. Men, on the other hand, are less complicated. They need physical intimacy, adoration and respect. Both men and women want to feel they are important. Sounds good, but what happens in the breakdown of a marriage?

There are many variables that can contribute to the break down of a marriage. Each situation is different. However when resentment, bitterness, a third party, lack of trust and other personal issues enter a marriage, it can be difficult to overcome without a concerted effort. Thus, someone has to compromise in order to help ease relations. Why not you? In addition to doing about eighty-percent of the work around the house, you may be the one to always compromise. It is the role that many women play whether they work in or out of the home; and it can be challenging. The stronger the personalities are, the more challenging it is.

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However, as Christians we have to be obedient to the word of God. A wise woman recently said, "When we go before God and the books are open, we will see all the things we have done for the Lord. We will see our faithfulness in helping the needy and the work we have done for the church. When it comes down to our husband and our marriage everything will stop there." You see, if we sin in one thing, we are sinners. It is not about the man or the circumstance; it is about being obedient to the Lord God in all things. Like all sin this is difficult to overcome, but if we can see the truth we will understand that in any area the enemy can defeat us, he will target. It is the goal of the devil to keep us from obeying God. The couples will not come together as one in agreement if communication is lacking. The power of agreement is unshakeable. If the enemy can drive a wedge in the area of intimacy, he can send sexual temptation. If one falls in this area, the marriage is almost certainly headed for doom without the intervention of the Lord.

I am not saying that spicing up the marriage is the answer to all marital problems. Personal issues that affect marital relationships are complex. What I am saying is that we should be obedient to the word of God and respect, submit and have intimate relations to help avert a breakdown in the marriage. We can then support each other to overcome personal issues that transfer through family lines, the flesh or other areas from which God has to us set free.

Test and trials will certainly come. However, we have no other recourse than to trust God in the midst. My beloved sisters, keep in mind there is a time to hold your tongue and listen, a time to take a stand and voice your opinion, a time to leave the room and depending on the severity of the situation, even a time to leave the home. Ask God for discernment. The key is not allowing a root of resentment or bitterness to enter the marriage -- which invites the influence of the enemy.

Remember Eve? She led her household into disobedience and we are all suffering for it today. If you can leave the emotions behind and work at being one with your spouse, you will reap many benefits. Think about it, when you go to work you happily perform for your boss, albeit for a paycheck. The point is, there are far more benefits spiritually, emotionally and physically for submitting to your spouse. It takes more work as the years go by, but the effort is worth it. You can start by making date nights, leaving sexy hints for your husband that you want some snuggle time. Compliment him and encourage him. Meet him at work and take him to lunch. You know what would work for your husband. Remember the early stages of your relationship when you anticipated intimate relations? During that time, your husband did the things that made you happy. Try to recapture that. The women who have tested this have come back validating the effectiveness.

As the Bible says, the wise woman builds her home while the foolish one tears her house down. Wisdom and discernment along with submission and a little spice will help your relationship with your husband and help you to be obedient to the Lord.

My prayer is that God will give you eyes to see your circumstances. I pray that He will help you to overcome your emotions so you can be obedient to His word in every area of your life. I pray that God softens your husband's heart towards you and truly love you as Christ loves the church. All to the Glory of God.