

Cure for the "Common" Marriage

A recent Newsweek article (*Weddings: A Veil of Sadness; August 7, 2006*) points out a trend toward *postwedding blues*. Brides spend so much time and energy planning their wedding that let the down after the wedding can even lead to depression and marital problems. Some brides feel they have nothing to look forward to – they find marriage dull and meaningless compared to the excitement of the wedding. One newly married bride states, “Getting married is a party, being married isn’t as glamorous. You don’t get to be the star all the time.” As the writer points out, “Just wait until you have kids.”

Before we condemn naivety and self-centeredness of these “bridezillas,” we should take a look at our own marriages. Are we living out the *less-than-exciting* marriage they are lamenting? Is our marriage all that it can be and what God wants it to be? Do we merely co-exist with our spouse through a torrent of daily activities? Most couples find the wedding to be wonderful and exciting and the marriage that follows unfulfilling and boring. Brothers and sisters, this should not be so!

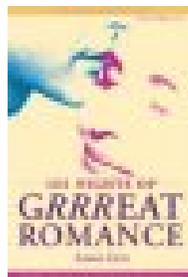
Marriage can be a vibrant and exciting part of our lives. Certainly, there are mundane chores that must be accomplished and problems to be dealt with, but there also is the enjoyment of sharing our life with another person. A person close enough to know every little nasty habit we have and still love us anyway. What *is* the cure for the common marriage? Change your point of view and attitude! Take a step back and reflect on the reasons you originally fell in love your spouse and then do something about it. You can begin building an uncommon marriage today! There is a lot of information available to help you – check the *Romance Resources* below to find some examples. Here are a few pointers to help you get started:

- Honor your spouse in public and in private.
- Do little things in public to say, “I love you.”
- Speak your spouse’s love language.
- Do a project together.
- Play games together.
- Begin building *teamwork* into your marriage.

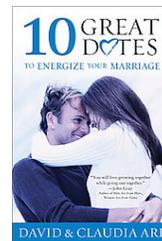
Increasing romance in your marriage is not the only way to "cure the common marriage," but it helps. The following resources can help you enliven your marriage.



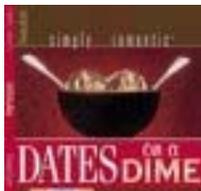
Simply Romantic Nights
By Dennis & Barbara Rainey



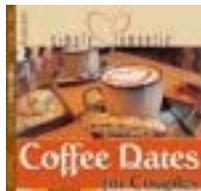
101 Great Nights of
Romance By Laura Corn



10 Great Dates
By Dave & Claudia Arp



Dates on a Dime



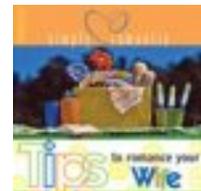
Coffee Dates



Getting Away to
Get it Together



Tips to Romance
Your Husband



Tips to Romance
Your Wife

From FamilyLife Ministries