

# Humility:

Free from arrogance and  
pride - putting others first.



## FORTIFIED MARRIAGES

*Building Strong Marriages*

*Fortified Marriages Ministry: A  
Christian nonprofit ministry helping  
the church and individual couples  
build strong marriages.*

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The biggest problem in marriage is not finances, communication, or sex; it is pride - the absence of humility. The Apostle Paul wrote, "Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves (Phil 2:4). Yet, too many Christians do not act with humility. They may speak words of humility, but their behavior does not demonstrate it. The *me first* culture, taking care of self before others is alive and well in the church. Few couples think of humility as an important aspect of a strong, healthy marriage, but it is.

Humility in marriage means that we are to put our spouse first, not in a co-dependent, subservient way, but in a loving and kind way. We are to treat him or her with respect and honor, even if we must address issues. Humility means that we don't demand our own way, get defensive when our spouse brings up an issue with us, or treat our spouse disrespectfully when they don't do something the way we think it should be done. It means that we desire the best for our spouse no matter what.

Folks, we have to start looking more like our Lord and Savior Jesus Christ and less like the world. We must get rid of our attitudes of entitlement - our attitudes of self-importance. We must listen to understand our spouse, rather than reacting negatively to every perceived wrong. Do your words and actions demonstrate humility or pride. Honestly examine yourself and how you react or respond to your spouse.

### Helpful Resources:

*Fortified Marriages Resource page:* [www.fortifiedmarriages.com](http://www.fortifiedmarriages.com)

### Articles to check out:

*Humility and Self-Forgetfulness* at [www.focusonthefamily.com](http://www.focusonthefamily.com)

*Marriage Requires Humility* at [www.familylife.com](http://www.familylife.com)