

Difficulty:

**Something hard to accomplish
deal with, or understand**



Every couple will face difficulties - 1 Corinthians 7:28 tells us that “those who marry will face many troubles in this life...” It is not a matter of ‘will we?’ it is a matter of ‘when’ and ‘will we stand together through those difficulties.’ Jesus went as far as to tell His disciples that in this world they *would* have trouble (or difficulties) - this applies to us also! We live in a broken world and whether it be difficulties physically, financially, accidents, any number of things, we *will* face difficulties in this world. Jesus had told His disciples about His leaving the world and that He wanted them to have peace - through Jesus, they, *and we* could have peace.

In our nearly 43 years of marriage, Carmen and I have experienced difficulties - a lot of difficulties! In fact, during this summer, we have seen a fair amount of difficulty with the physical challenges that we both have had. Yet, we have actually grown closer through the various difficulties as we have learned to work together through those difficulties. I cannot tell you it’s been fun, but for where we are together as a couple; I will take the difficulties we have experienced. Standing together through various difficulties has brought our relationship to a really good place. Experiencing the physical problems we have recently experienced in the midst of moving from our home of 30 years hasn’t been easy, but it *has* brought us closer together.

That is our prayer for you; that you would face difficulties *together* as a team, working together rather than against each other. Seeking help and even counsel, if necessary, to help you work through whatever difficulties you may face. During our more than 30 years of counseling, we have seen a lot of the difficulties couples face. Problems with children, financial difficulties, loss of job, the in-laws, health issues, loss of a loved one, emotional problems from childhood abuse, infertility - there are so many areas that bring difficulties in our lives! Yes, those things may be hard to accomplish, deal with and often even hard to understand. But ‘why’ is the wrong question - we will not understand the ‘why’ of most difficulties we encounter. The questions to ask are ‘what’ and ‘how.’ What are we going to do with this difficulty? And how is God going to be glorified through it all?

Friends, we must build a strong marriage - a *fortified* marriage that will stand strong when the difficulties arise. We must connect daily, communicate well, seek to meet each other’s needs, give each other grace, appreciate the positive things about our spouse, and deepen our faith and trust in the Lord our God. You will face difficulties; prepare for them by building a strong, close relationship and stand with your spouse through those difficulties.

Helpful Resources: *Fortified Marriages Resource page:* www.fortifiedmarriages.com

Articles to check out:

Couples who make it through tough times by Dr. Linda Mintle - myfaithradio.com

How to Stay in Love During Hard Times by Anna Collins - marriage365.com