

Connection:

Joined together with another person



We were created for connection - to be joined together with others. Genesis 2:18 tells us that it is not good for man to be alone. God then created a helper for him - someone to complement him and work with him as a team. It is the *connection* we feel during the initial stages of our relationship that prompts us to go “all in” and marry the person we have *connected* so well with. Friends, connection - being joined together with another person is what marriage is all about! That joining together helps us to work together and accomplish all the Lord our God has for us. The problem is that connection just doesn’t happen in some mystical way. At the beginning of our relationship, connection seemed to come easily, but we were *purposeful* about connecting with this other person back then. Years later, the connection gets lost and too many people think it is time to move on and find another person they are connected with.

The connection gets lost because couples stop working at connecting with their spouse. Work, kids, a million things get in the way and too often, people allow the connection to fade until they may not even know who their spouse is any longer. They may think they have married the wrong person, or the love is gone and they just need to find another connection. To quote J.R.R. Tolkien, “In a more perfect world, or more perfect circumstances, perhaps a ‘more perfect’ spouse could be found, but in reality, the person you are married to is your true soul mate.” Lost connection can be restored; we have seen it happen time and time again in our years of counseling. If you aren’t connected with your spouse, do something to get connected! Get counseling if needed, but do *something* to reconnect with your spouse.

Also realize, that connection requires work. We must work at maintaining connection with our spouse. Daily seek connection! Pray together, spend time together; don’t just rush through each day doing the myriad of things that must be done without taking the time to connect with your spouse! Connection is vital to healthy lives, marriages and families. It is the biggest problem we have in society today. People are not connected with one another. The first article referenced below provides 10 simple ways to connect with your spouse; please take a look - print it and incorporate it into your daily lives.

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

Articles to check out:

10 Simple Ways to Choose Connection by Prepare-Enrich - Prepare-Enrich.com

Strengthen Your Emotional Connection in Marriage by Building Your Friendship

by Dr. Mike Bechtle - focusonthefamily.com