



Living Well

ENERGIZE!



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Check out these websites for more information:

For more detailed information about the ministry - www.livingwelloc.org
Photos and writings about the ministry - www.livingwelloc.blogspot.com
Encouragement/culture on marriage - www.livingwellinmarriage.blogspot.com
Marriage events in the state, resources for marriage - www.marriagenetworkok.net
Making Marriage Memorable blog - www.marriagenetworkok.blogspot.com

Energize Your Marriage

Love always brings difficulties, that is true, but the good side of it is that it gives energy.

Vincent van Gogh

Droves of people are analyzing energy sources, how to save energy, and new ways to create energy. As the cost of energy continues to escalate, we seek to conserve energy as we plug anything that drains energy.

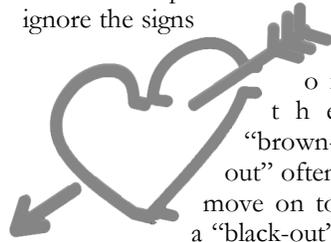
We caulk around windows, put insulation in the attic, and turn off lights. Then we look for ways to make the energy usage more efficient.

Marriage has its own energy—both the drains and the sources. Many marriages fail because the couples have no energy to resolve the difficulties between them; the energy goes out faster than it comes in.

Whole cities sometimes have

black-outs or brown-outs when the demand for energy supersedes the supply.

Married couples who ignore the signs



... and **nothing is left to recharge the relationship.**

To energize your marriage, first we look at what is draining the energy out and seek to plug the drains.

Common energy drains are often a lack of time together, demands of raising kids, hurtful words, work, differences, physical fatigue, expectations of others (some people suck the life out of you), screen time (computer, video games), financial stress, hobbies, fear, anxiety, and worry.

Instead of attacking or blaming the other person, we need to examine what is sapping away our strength.

It is wise to direct your anger towards problems -- not people; to focus your energies on answers -- not excuses. William Arthur Ward

To preserve the strength of the marriage, we must not let the difficulties and challenges of life come between us as a husband and wife. As quoted above, we **need to focus on reducing the stress of the problem, not being angry at the people who are involved.**

We must RECHARGE. Just as a rechargeable battery takes time to recharge, recharging our marriage takes time—**nothing takes the place of time together!**

We cannot create energy, all energy has a source. Our part is to plug into that source. Next article ↓

Energy Source

If you have 120 volts of electricity coming into your house but you have broken wiring, you may turn on the switch, but nothing works - no lights come on, the stove doesn't warm, the radio doesn't turn on. Why? Because you have broken wiring. The power is ready to do its work..., but where there is broken wiring, there is no power. Unity is necessary among the children of God if we are going to know the flow of power...to see God do His wonders.

A. W. Tozer

His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. 2 Peter 1:3

The Holy Spirit, who dwells in us, has the power that we need to bring the energy to our marriage. If we overlook or bypass the true source of our renewable energy, we will burn out—“dead battery syndrome.”

He has given us that power but He doesn't force us to plug into it. We can have all the power we need but can still have a dead battery if we aren't plugged in.

God's desire is not that we exhaust our lives with the many activities or even with ministry, but that we spend time with Him. Jesus did it. The disciples did. Why would we be different?

On the reverse side:

High Voltage Marriage

Recharged

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Presented by
Jimmy & Karen Evans
February 11-12
Friday night, 6:30-9:30,
Sat. morning, 9:30-11:30
For info: call 792-2586 or
www.marriagenetworkok.net

CLASSES:

Preparing for Marriage

February 7-April 4
Mondays, 7:00-8:30 pm

Living Well in Marriage

February 8-April 5
Tuesdays, 7:00-8:30 pm

Managing Money

February 27-April 10
Tuesdays, 5-6:30 pm

For info: call 792.2586 or
www.livingwellokc.blogspot.com

WE'RE ON THE WEB!

www.livingwellokc.org
www.livingwellokc.blogspot.com
www.livingwellinmarriage.blogspot.com

High Voltage Marriage

Success in marriage is much more than finding the right person; it is a matter of being the right person.

Anonymous



A key to taking marriage from good to great is for the husband/wife to **look in the mirror**. I often **blame my spouse for what is wrong in our marriage or in my life**, instead of looking in the mirror at myself.

Blame is an energy-drain. If I am blaming someone else, then I am always right and am not teachable. When I look at my part, **God can speak to me and show me my part of the difficulty.**

Being willing to look at my

stuff takes humility rather than pride. I am willing to say **I am wrong or I didn't adequately communicate my intent.**



Another key is **throw away the list! The list we keep in our heads of past offenses and of future expectations.**

To throw away the past offenses, **I must forgive.** *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.* Ephesians 4:32.

Part of forgiveness means that I don't keep that list of offenses anymore, just as God doesn't keep a list of our offenses. I don't dwell on the offense. I don't try to punish the other person. *It [love] keeps no record of wrongs.* 1 Corinthians 13:5

To throw away the list of future expectations, I have to trust God with those expectations. I follow His will for me; I do my part. Then, I leave the results up to Him—that is real trust. We cannot control or determine the outcome or the results of our actions in another person's life anyway. The sooner that we realize that fact, the less stressful and angry our life will be.



A third key is — start talking! Not talking to my partner or talking to myself but **talking to God.** Nothing gives a marriage more high voltage energy than prayer. **Pray for the other**

person—not that God will change him/her to meet my needs, but that God will bless him. Pray for his day and the difficulties he faces.

Pray that he will know the love of God more deeply. *I pray that out of his glorious riches he may **strengthen you with power through his Spirit** in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, **may have power, ... to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.*** Ephesians 3:16-19

Recharged

God, you have made us for yourself, and our hearts are restless till they find their rest in you. Augustine

Recharging takes rest. Rest does not always mean sleep. Rest can

come as we learn to share the weight of our problems with Jesus. *He said to us "Come to me, all you who are weary and burdened, and I will give you **rest**. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find **rest** for your souls."* Matthew 11:28-29

God desires us to experience **His rest** to recharge for the journey of marriage. **His rest** means that we slow down, meditate on and worship Him, acknowledging His sufficiency. *There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his.* Hebrews 4:9-10