



It's important to remember that your spouse is your favor, gift, and assignment given by GOD; nevertheless, the covenant of marriage is often challenged to conform to custom fitting, as we desire it to become tailor made!

Spouses married any significant amount of time often come to realize that there is a rhythm, a constantly changing rhythm to relationship... There are times this rhythm feels marvelous and times when it feels messy. Sometimes you and your spouse are in sync, striding to the beat of a familiar song and then there are times it feels as awkward as a middle school dance. We go through days where we're head-over-heels in love and then days when we don't really like each other. There are times we're super considerate toward one another, texting and talking all throughout the day, and then there are times when we barely want say hello.

Rhythm in marriage shapes the way we connect and relate to one another. It comes from simply spending time together., knowing and appreciating one another's likes and dislikes, while developing life-goals and aspirations together. The more time you spend with one another, the more in sync you become.

However, when that rhythm gets thrown off, we tend to feel out of step, like dancing off beat when things are just not "clicking." Childcare issues, new job, moving out of state, family issues, sickness, or even a significant death can throw a couple or one spouse out of sync. Being out of rhythm is stressful because it can cause miscommunication. In these times, it's easy to mistake one another's tone or intentions., similarly like writing a letter wherein the words on a page without expressions, can become misinterpreted. Additionally, out-of-step or off-beat spouses often become more selfish and inward focused! You stop thinking about one another and alternatively, seek to please the self. The reason this occurs is because we like treats and sweets. Selfishness are treats and sweets. True love mandates sacrifice and consideration toward others. When you get out of rhythm, the temptation to seek the self becomes a strong inward desire that tastes good but too much sweets, eats teeth and makes your stomach sick!

Because rhythm is such a nebulous dynamic to identify, it is not easy to protect. Couples must build into their life-routine various enjoyable activities or dates that help keep one another connected. Walks together where you can spontaneously talk and get in sync is helpful. Drives together do the same thing. Mini Vacations (away) or Stay-cations (quality time locally) help deal with and at the same time, block out various stresses of life that creep in to subvert our efforts to connect. Do your conversations always or overly center around work, kids, bills, or other aspects of life; if so, getting reconnected regularly helps us keep balance and do the tango of life with the graceful style and rhythm needed for longer seasons of peace and progress in marriage. And, if the pace needs to be adjusted, rhythm works out this modification in a way in which both spouses can become accustomed while keeping in step.