

Spirituality and Marriage

Weak foundation

- Physical attraction and sex appeal
- Meeting one's personal needs
- Expectation that marriage will provide an escape and solution

Strong foundation

- Strong friendship
- Shared values and dreams on life's journey
- Commitment to contribute 100% to each other

Weak building

- Refusing to forgive past wrongs
- Criticising the spouse & demanding change
- Demanding that one's own needs must be met
- Blaming the spouse for all the problems
- Lashing out against the spouse when one is unhappy

Strong building

- Willing to make changes & lose part of oneself
- Willing to forgive and forget
- Being kind is more important than being right
- Communicate frequently & fight fairly
- Giving 100% of each other for the wellbeing of the other

Strong marriages are based on spiritual values

- Self-sacrifice and self-transcendence
- Giving each other grace in forgiveness & overlooking small things
- Practicing empathy and compassion daily
- Serving the common good and a higher purpose
- Valuing integrity and relationship than money and pride