

# Marriage Minute

November 2018

## **Be Still Together**

Do you ever feel like your life in northern Virginia is one hectic day to the next? You get the kids to school, you head off to work, you skip lunch to do errands, then you pick up your kids to take them to after school activities – sports, dancing, music lessons, scouts, church programs, and more. If your children are at home, you are busy teaching and caring for them while still tending to the house. Even if you have no children, your life is no less hectic. Then comes Sunday. Finally, you have a day of rest. Well, you may rest unless your children have another game, performance, or practice to attend. While life in northern Virginia can be wonderful, your schedule is likely busy enough to cause you to feel overwhelmed at times. God does call us to work and to be diligent, but He also calls us to be still and have times of rest. That is how God designed us, and that is His plan for all creation. I treasure Psalm 46:10 which states, “Be still, and know that I am God.” What a wonderful verse to contemplate. God calls us to make time to be still in our lives – to take a breath, settle down, and be focused on Him. This principle also applies to marriage. We must deliberately manage our schedules to enable time with our spouse – to be still with them and to spend meaningful time together. When the clutter of our lives clears away, it is the relationships that matter most – our relationship with the Lord first, then our relationships with others, starting with our spouse. Make the time to invest in quiet, still moments with your spouse. These moments will help you build great resiliency in your relationship.

**Challenge:** Clear away the distractions and spend meaningful time with your spouse this week. Be still together. Have quiet conversation over a cup of coffee to calm the busyness of life and reinforce the unity and oneness in your relationship.