

Longevity of Love

By: Dr. M. Diane Pearce, LMFT

April 2009

The beauty of life in Georgia is apparent no matter where we look! Fresh blooms are everywhere! It is the season for new beginnings, romance and love. The tenderness of new love and fresh starts is abundant in spring. With this season comes a hopeful expectation of uncharted territory. It is so easy to get caught up in the sweet beauty that we do not always remember to apply prudent decision making as we are enthralled with the ecstasy of being in love.

Over the last several years of treating couples I have found that all couples who once were madly in love eventually find themselves in the throes of a love that is challenged. If we are married long enough, our love for our mates will be challenged by our circumstances as well as by the selfishness that settles within each of us. I have found that we can do very little to prepare for the circumstances that unexpectedly come our way. However, there is much we can do to lessen the challenges of the selfishness that permeates our very being. A selfishness that if left unaddressed can sabotage the very love that we at one time so unashamedly declared for our spouse!

To safeguard against this over powering selfishness which attempts to destroy our love we must be intentional and pro-active! Here are four very simple actions that together provide a strategy for us to implement in this endeavor.

#1. We must daily give attention to our beloved!

Each and every one of us craves attention. If you find that you want more attention, then you must give what you are craving to receive. By doing this, we ebb away the selfishness that threatens to demand that we get the attention that we so rightfully deserve!

#2 . Always no matter what, we must show respect of who they are!

Demonstrating respect of the other person whether or not they act deserving of it, is essential to truly loving our mates the way that God intended. To love beyond the infatuated stage of love requires us to always protect the dignity of the one we love!

#3. Daily forgiving when we are disappointed!

Forgiving the shortcomings and selfishness of our beloved prevents resentment from taking root in our hearts. Resentment hinders all forms of intimacy. To forgive in this way, we must forgive to the extent that we have been forgiven by God. Though, we are frequently unable to forget in the way that God forgets we are set free when we release our hurts that another has caused.

#4. Pray together daily!

When both people believe in and serve God pray together before the start of each day, we decrease our chances of divorce by 40%! A spiritual intimacy and unity occurs when we pray together on a regular basis. In addition we are unable to hold resentments or internal strife against the one we pray with.

If following these four simple to apply strategies will protect the longevity of our love for one another, what could we possibly have to lose?? At the cost of a little time and a lot of intentional proactive posturing we can ensure a love that lasts beyond the season of new loves and instead lasts throughout many seasons of winters!

www.legacystrategy.com