

## FOR A GREAT MARRIAGE (PART VI) BRING A JOYFUL ATTITUDE

BACKGROUND: “It is your attitude that will determine whether you and your spouse live happily ever after.” Drs. Les and Leslie Parrott,, Saving Your Marriage Before It Starts, p. 60.

***IT’S YOUR RESPONSIBILITY.*** Viktor Frankl had been arrested and placed in a Nazi prison during World War II. He was then called for inquisition. “Already they had taken his wife, his family, his writing, his clothes, his wedding ring, and everything else of material value. But in the midst of this barrage of questions, an idea flashed across Frankl’s mind: *They have taken from me everything I have—except the power to choose my own attitude.*” Drs. Les and Leslie Parrott, Saving Your Marriage Before It Starts, p. 65. Everyone is responsible for his or her attitude. (**Colossians 3:17-19, fn 3:17, Hebrews 4:12, 13, fn 4:12, I Thessalonians 5:16-18, fn 5:16-18, Philippians 4:4-9, fn 4:4, 5, John 17:13, fn 17:13**) *How could you bring a joyful attitude to your marriage?*

***THAT’S NOT CIRCUMSTANTIAL.....***”research reveals that the level of a couple’s joy is determined by each partner’s ability to *adjust to things beyond his or her control.*” Parrott, p. 66. (**I Corinthians 7:28, fn 7:28, James 1:2-4, Philippians 4:11-13, fn 4:12, 13, John 16:33, fn 16:33, Habakkuk 3:17-19, fn 3:17-19, John 17:15, 21-23**) *How could you and your spouse develop a joyful attitude in spite of the circumstances in which you find yourself?*

***THAT FOCUSES ON WHAT’S WRONG, NOT ON WHO’S WRONG.*** “In many unhappy relationships, one of the partners is a scapegoat, the one held responsible for the couple’s unhappiness....marital unhappiness is never caused by only one person. That’s why therapists focus not on who is wrong, but on what is wrong.” Parrott, p.71. (**Ephesians 6:12, fn 6:12, I Corinthians 7:17, fn 7:17, Luke 6:37-42, fn 6:37, 38, fn 6:41, II Corinthians 12:7-10, fn 12:7, 8**) *How is the habit of blaming your spouse completely contrary to the principles of the husband’s love and the wife’s respect?*

*Pray briefly with your spouse for each other at bedtime!*