



## FIVE COMMITMENTS THAT MATTER

*Biblical love is not about how we feel; it is about how we take action. It is a deep commitment to honor God and honor one another no matter how hard life gets. Here are five commitments to help you when walking through painful seasons as a couple.*

1

**We trust what God's Word says and not just how we feel.** It is so easy to be ruled by our emotions. Even when we don't feel like it, we will allow God's truth and promises to be our anchor.

2

**We will pray and read God's Word together regularly.** We will not let our hurt dislodge us from abiding in Christ. We will run to him and not from him during this season.

3

**We will be selfless lovers.** We will have a servant attitude, not allowing our expectations, comforts, or desires to get in the way of honoring Christ and one another.

4

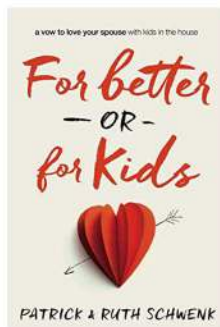
**We will talk often and talk openly.** We will share our hearts with one another, ask questions, and stay connected when it would be easy to withdraw or shut down.

5

**We will not walk through this alone.** We will reach out to friends, family, and our church to help us get through the hard stuff.

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Patrick and Ruth Schwenk are the founders of [forthefamily.org](http://forthefamily.org) and [thebettermom.com](http://thebettermom.com). They have been married for more than nineteen years, have four children, and have been in full-time ministry for over fifteen years.



*For Better or For Kids: A Vow to Love Your Spouse with Kids in the House* is about remembering that children may join you in marriage, but they don't have to come between you in marriage! Available everywhere books are sold.

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