

Is It Lust or Love?

What do you think about love and lust and their place in marriage?

Love is defined as "an intense feeling of deep affection."

Lust is defined as having a "very strong sexual desire for someone."

Hopefully you have an intense feeling of deep affection for your spouse. And I'd be willing to bet that your spouse HOPES that your sexual desire for them is very strong.

So, what's the problem? I'm not sure there is one unless the foundation of your relationship is built on lust instead of love, and here's why.

Lust is more self-centered than love because it puts your needs first and compels you to satisfy them; you're more concerned about getting what you want than taking care of your spouse's needs, specifically in the area of sexual intimacy, since we're talking about lust. Lust can cause you to view your spouse as an object to be used to gratify your desires instead of someone with their own needs and desires for YOU to meet because you care more about them than you do for yourself.

Lust can be selfish. Lust drives me to think about what I want and how I can get it.

Love is always selfless.

Love draws me towards my partner to find out what they want and how I can give it to them. When we love someone, we're most concerned about their happiness and desires. And we are caring, respectful and thoughtful.

Lust can make a person selfish in the bedroom and/or manipulative outside of it.

Lust can make a spouse give-up on their marriage because their partner isn't meeting their needs anymore, so they believe the solution is to find someone who will. But they're not really trying to find someone to love and serve; they're looking for someone who will serve them and meet their unmet needs.

Please understand what I'm saying and NOT saying. I'm not saying that the bedroom should be lacking in passion - that a spouse shouldn't have a strong sexual desire for their partner; nothing could be further from the truth!

Hopefully you have a wildly intense sexual desire for your partner!

What I am saying is that love puts the other person first. **Always.**

And many marriages get into trouble when one or both partners forget this, making them more and more self-focused and resentful because their partner isn't meeting their needs. It's a vicious cycle that ruins marriages.

The best way to handle lust is with love. Love is choosing to be considerate about your partner's needs, wants and desires. Selfless, caring and unconditional love must exist between you and your spouse if you want to maintain intense feelings of deep affection and strong feelings of sexual desire for each other.

So, what kind of spouse will you choose to be in 2019? One who is more interested in taking and getting, or one who is more interested in giving and serving?

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!