

The Major Marriage Trouble

If a couple continually experiences relationship problems, selfishness is usually the root cause.

Why? Because selfishness is the complete opposite of love (1 Cor. 13:5). Selfishness is concerned about self; love is concerned about others.

Selfishness has many faces.

- It can look like self-righteousness, self-will, self-justification or self-indulgence.
- Selfishness is most interested in its needs getting met.
- It can be bold or subtle. For instance, one person will angrily insist on having their own way, while another will sulk and act cold & indifferent until they get their own way. Both are equally harmful to a marriage.

How to Save a Relationship from Selfishness

Evaluate your thoughts and motives

Be honest about your thoughts and motives because selfish thoughts turn into selfish actions/demands.

To eliminate selfishness, consider how you think about yourself & your spouse.

If you think you're better, smarter, more important or deserving than your spouse, you'll be arrogant and self-righteous.

The pathway to change is to replace selfish thoughts with self-less ones.

Pray

Ask God to reveal any areas of your life where selfishness reigns.

Apologize

Apologize to your spouse for any selfish attitudes, expectations or motives that are causing your marital problems.

This will bring healing and restore intimacy to your marriage.

Be selfless

Be more concerned about your spouse's well being than your own. Give more than you take. Serve.

Pivot

Look at any selfish attitudes and actions you identified earlier and just start doing the complete opposite. Do a pivot.

If you've been getting angry or sulking in order to get your own way, try compromising instead.

When you realize that selfishness is the root cause of most marital issues, you're one step closer to having a healthier and happier marriage.

Now all you have to do is to identify the areas where selfishness reigns in your marriage and strive to be more selfless in those areas.

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