

Is Your Marriage a PRIORITY?

| marriage tips series

■ by Diane Kapp, MA, LMFT



Marriage Enrichment"...these two words are familiar to many of us and are often the focus of seminars, workshops, and marriage counseling.

But what, exactly, does the word "enrich" mean? Webster's definition is "to give a greater value, importance, effectiveness, etc." The goal, then, of these offerings must be to teach people how to make their marriage a higher priority.

But why do we have to LEARN how to do this? Don't we (especially as Christians!) already know the extreme importance of this relationship? After all, Jesus himself uses the illustration of the bride and the bridegroom to describe His relationship with His followers.

So where, then, do our troubles as husbands and wives begin? Often, many problems arise from our belief systems. We all have some faulty beliefs, assumptions, or expectations. One of the most widely held beliefs in our culture today is that "We can have it all!" No, we can't! Something has to give, and many times it is our marriage.

In our attempts to "have it all," we also get caught in the web of believing we can "be all" and "do all" as well. As we become busier and busier, we can begin to experience a loss of love and affection for our spouse. If you have become disillusioned with your marriage and are feeling increasingly "out of touch" with your partner, you are not alone.

Some of the most common symptoms include an absence of acts of kindness or thoughtfulness, little or no affectionate touching, infrequent sexual interaction, no verbalizations of love, little time spent on social or recreational activities and infrequent communication about intimate matters.

We married our partner to always have the pleasure of their company. If the joy and connection that you once had hoped for is no longer present in your relationship, the Creator God provides ways to change what is not "working" in your marriage. Therapists, through counseling and presentations offered to the community, can teach you how to truly enrich your marriage.



Diane Kapp is a Licensed Marriage & Family Therapist. She enjoys working with individuals, couples and families in our Orland Park location.

All past newsletters/articles can be viewed on our website.
<http://www.chicagochristiancounseling.org/newsletters.html>

Article taken from the Jul | Aug 2013 issue of *PRESSING ON*, a Publication of Chicago Christian Counseling Center
Chicago Christian Counseling Center has locations throughout Chicagoland and Northwest Indiana

www.chicagochristiancounseling.org

800.361.6880 | info@chicagochristiancounseling.org

[facebook.com/ChicagoChristianCounseling](https://www.facebook.com/ChicagoChristianCounseling) | Text CCCC to 22828 to join our email list

Promoting health and wholeness through professional counseling, consultation and education from a Christian perspective.