

Pray for Understanding and Wisdom

■ by Marilyn Ciaramitaro, MSW, LCSW



Marriage is a sacred bond. A bond worth preserving, fighting for, maintaining and doing the maintenance work on. Yes, there is maintenance work to keep a marriage healthy and thriving. Just like there is maintenance work as a homeowner that needs to be done daily, weekly etc. Relationships need similar attention or the relationship loses its brightness.

Virginia Satir (family therapist and educator par excellence during the 70's & 80's) author of "Making Contact," "People Making" and more, spoke at St. Mary's University in Notre Dame/

South Bend, Indiana in 1986. I had just graduated from the University of Michigan, graduate school of social work and wanted to hear her since her reputation was wonderful. Fate would have it that I walked in late and had to sit in the 1st row, 1st seat. Thus, when she asked for a volunteer, I jumped up and was on stage, playing the mom role. She's known as a "communications therapist." She essentially believed most family/marital problems resulted from miscommunications and misunderstandings.

Virginia Satir did a lot of family sculpting and would have families role play a common problematic scenario that would reoccur at home. She would then interrupt their "cybernetic loop" (which they were destructively repeating) with a constructive refreshing "application" or intervention to help them see the issue differently and thus UNDERSTAND each other's position more clearly. She would give them new words and phrases to say to each other to express their points without creating a defensive reaction. That part is key: communicating without creating a defensive reaction. The other key point is that she would help them achieve a "NEW UNDERSTANDING!"

All you good Judeo-Christians know that what King David prayed for was UNDERSTANDING and WISDOM. Even though King David fell at times, he knew that UNDERSTANDING and WISDOM were two of God's greatest gifts. Without UNDERSTANDING and WISDOM marriages and family life easily go off track. UNDERSTANDING and WISDOM are extremely powerful VIRTUES! If your marriage or family lives are faltering in any way, please do yourself a big favor and pray together for UNDERSTANDING and WISDOM. I guarantee you'll have more peace and harmony. If you make a habit of praying for and cultivating these virtues as a couple, your marriage will stay vibrant because these virtues nurture and renew us spiritually. ■



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Article taken from the Sep | Oct 2015 issue of *PRESSING ON*, a Publication of Chicago Christian Counseling Center
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