



Adore

*Ideas for treasuring the
gift of marriage*

by
Christa Sterken

In 2010 *TEACH* magazine began publishing a series I wrote called
The Wonderful Life of a Wife: Appreciating Our Husbands.

For two precious years I explored and shared ideas for learning to fight the disintegration of marriage. A true privilege. For every lesson discussed was learned in practice.

It was raw and intimate, not easy to share. But a pull on my heart was too strong to ignore. God gave me a message to share, and I did my best to accomplish that. This compact book is a compilation of those articles, edited and presented to you. With love. And hope.

Sharing them on my blog received such positive feedback, the words worked their way into a book format to make it easier for a reader to be encouraged topically.

A better example could not be had than **Philippians 4:8-9** (Message)

Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.

Though my lens is based in Scripture, and the articles written originally for women- it is my desire that ANYONE can be encouraged by the message. The ideas, I sincerely hope, are far reaching, reflection inducing, and life changing for each of us.

Humbly, I am first in line to get to work.

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A special thank you to my friend Pamela Hodges (www.ipaintiwrite.com) who encouraged this book into becoming. And of course, to my beloved husband of 20 years, Art Sterken. Who has been my partner since before I knew “me”...

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Pressing On – Learning To “Adore” Our Spouse



Lying in bed one night reading, I glanced over at my sleeping husband. His expression peaceful, I put down my book to study him. The bedside lamp cast soft light upon him as I reflected on how he has changed since we married. As have I. Not only in features, going from a child to middle age, but how completely in spirit God has built us up. I felt overwhelming love; victorious love.

I remember the day I met my husband. It is a story we laugh about now, almost 25 years later. I didn't expect my knight in shining armor to come riding a skateboard. We had plenty of hurdles, and thankfully an abundance of laughter to balance it out. Two teens with issues, growing into adults with healthy relationship patterns was complex. We shouldn't have made it if you listen to the studies. But here we are. Living testaments to what God can do in a marriage.

There were disappointments. For both of us. On my part, I knew that true growth in our marriage could start with me. My husband is a wonderful man, yet I had put unrealistic ideals upon him, never realizing that the problem so often started, and ended with *my* attitude. Ouch. It is not an easy road to learn to adore your spouse, but it is possible, and a goal worthy of your effort.

Let's make a renewed effort to look at our husbands in an appreciative manner. I humbly acknowledge those who are in situations beyond their control. My prayers go out to you. In other cases, I frequently hear the laments of discontent. I have spoken these things myself. Our culture

promotes the idea that if our differences seem irreconcilable, cut your losses and move on. That is not a road without steep cost.

Our heart cries are likely very similar. Let me offer you this; God's word does not leave us guessing on how to press on. We can *learn* to adore our mates. Are you ready to journey with me in this? I hope so; we both have plenty to discover. Let's get started.

When we see the word "adore" what first comes to mind? Tossed around in casual conversation it almost loses its flavor. "We absolutely *adore* that outfit... I *adore* this place...Don't you just *adore* that new dessert?" Sounds silly, doesn't it? It has become a word of convenience, not reserved for the emotions that befit it. .

The 1828 Noah Webster dictionary defines the word **adore** in two distinct ways.

1. To worship with profound reverence; to address with exalted thoughts, by prayer and thanksgiving; to pay divine honors to; to honor as a god or as divine

This seems to be clearly reserved for the way in which we feel about our Lord. Check out the second part:

2. To love in the highest degree; to regard with the utmost esteem, affection and respect; as, the people adore their prince

Wow, did you catch that? To love in the highest degree. Sometimes that can be hard as we naturally tend to put ourselves in the top position. I want to hold my husband up with the highest esteem possible, to offer him affection he will not find elsewhere and to strengthen my resolve to give him the respect he is due.

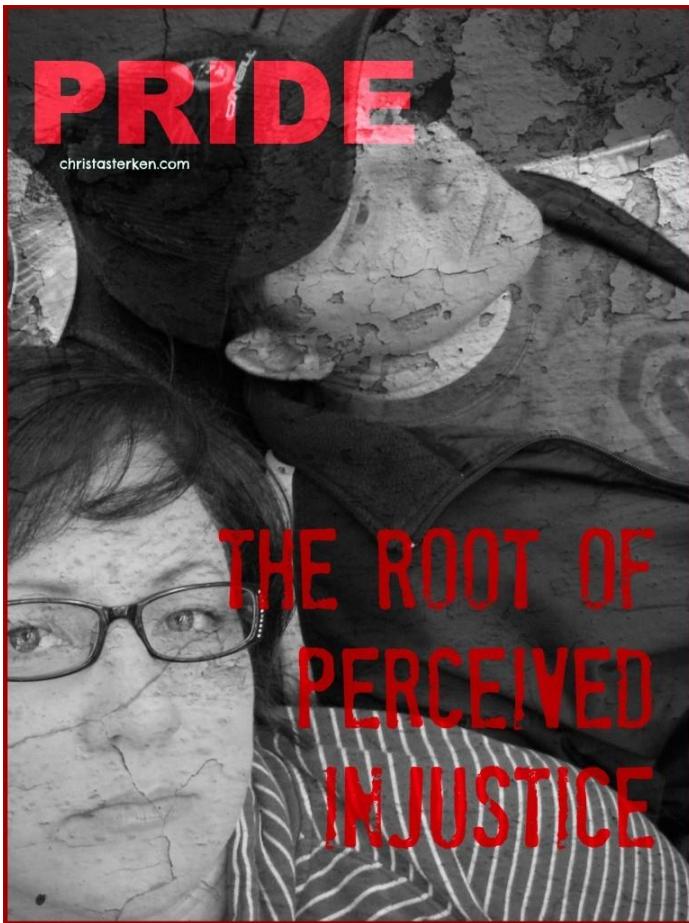
So, how exactly do we put this verb into action? *Here are a few ideas to apply now:*

- Before you can adore your husband, adore your God. One incredible side benefit of adoring God is that your life will start to reflect this in all areas. Love becomes plentiful, allowing a surplus to overflow to your spouse more easily.
- Start a list. Focus on Philippians 4:8-9. The Message bible has a unique way of putting this familiar verse. "*Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.*" That is quite a promise isn't it? Though it might be tempting to get stuck on the things that make us crazy about someone, please try to jot down a new set of ideas to think on. **Attributes** of your husband, instead of insufficiencies.

- Listen to your own voice. Becoming aware of my own glaring faults began to shift the focus from changing my husband, into revealing necessary areas of personal growth. This can be painful, so remember this: God doesn't ask you to dwell on what you could have done better. That voice isn't from Him. When you realize an area for improvement, ask forgiveness you and move on.
- I am stepping out on a limb here; Ladies it is often a habit to call our friends to complain about our husbands when frustrated. It is a blessing to have this safety net of women. For a time though, I urge you to reconsider. Evaluate what kind of advice you are receiving. Often when people are discontented in their own relationships, it is hard to give unbiased relational advice. And, are we always fair to our husbands in these exchanges? Rethink these conversations. Pray first, God is the best confidant.

No matter where your marriage is today, take hope. Change can be wearisome, but take the first steps. They won't be wasted. Until next time friends, press on...

Pride - The Root of Perceived Injustice



Attitudes can place us in uncomfortable situations. An influential and dangerous position is pride. It is sneaky, often disguising itself as “right” or “the way it should be”. Some consider this trait to be valuable. As a rule, we are taught to take pride in our work. While oft considered a necessary motivation, pride also has the potential to devastate.

So, what does pride have to do with our marriage? Everything. Tackling this area will be an incredible blessing as we learn to adore our husbands. Pride, by definition, includes the idea in which we hold ourselves in higher esteem than others. Not in line with the kind of love we desire to give.

As a young bride, pride ruled. If someone wronged me, they better be ready for a fight. I doubt it was a fair fight. I didn’t know the Lord; I desperately wanted to feel like I was in control of my situation. My husband was ill equipped to handle my ego, as I was for his. The battles began.

As I learned to live for Christ, instead of Christa, it took me stepping forward to battle my haughtiness rather than my husband. Our marriage flourished as my husband also grew to be generous of spirit. Together we work to keep “self” out of our relationship.

The Bible is overflowing with examples of pride becoming the base of wickedness, causing for serious repentance. Or not. Those people had the same heart issues we do, and the freedom to choose how to handle them. Sometimes when I read these stories, it is appealing to distance them from my personal life. After all, doesn’t our society place merit on pride? It seems natural to be proud of our accomplishments, but the Bible challenges us to take a different stance...

Proverbs 16:18 in the Message cautions,

“First pride, then the crash- the bigger the ego, the harder the fall.”

In marriage it is easy to become self-righteous and indignant- often over the same behavior we are guilty of. It is difficult to adore a husband deeply when our heart is weighted down with a “right-full” ego. But this verse puts the Word in plain English. Pride=Fall.

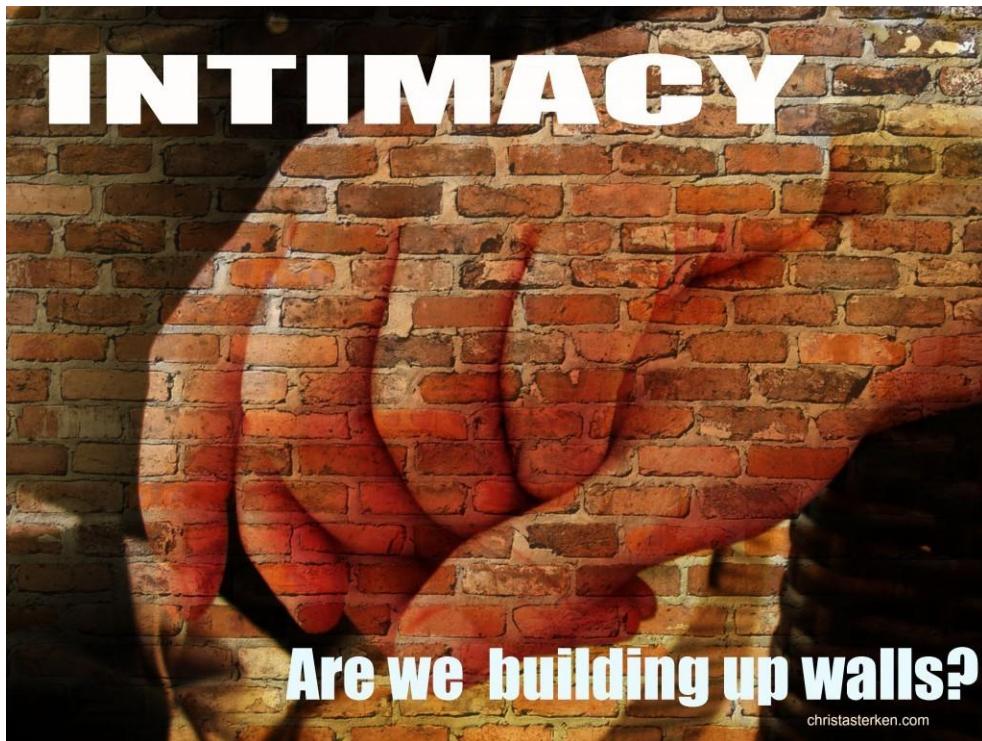
The antonym of pride is humility. Here are some ways to live this out ...

- With any marital disagreement, carefully examine our own motives. The Bible has loads of examples with people being reprimanded for having pride in their hearts, which then deceives them. Look closely.
- Think big. I have discovered a personal solution to end my marital riffs quickly. Taking some time alone I consider the offense and ask myself, “If today was the last time I saw my husband, would I want this to be the way it ended?” My pride nourished the idea of leaving my husband years ago. I thank God that He taught me to ask myself, “Would you be willing to walk away forever?” The answer is a resounding no. It keeps my pride in check; I pray it might help your perspective shift as well.
- Ask God to search us and change our hearts if we are holding on to perceived injustices. Catch that? We would all benefit from thinking on this-perceived injustice. There are certainly times when we are wronged. My heart aches for women who are. For others, it is easy to be prideful when feeling offended. Try to follow the psalmists lead who asks, ***“Who can discern his errors? Forgive my hidden faults.”*** in Psalm 19:12. God will show us, gently.
- Take heart for this one- go to your husband and ask him what his perception of the situation is. It can be far different from our evaluation. Doing this after God reveals our hidden hearts, can give us a receptive spirit to hear our spouse.

Pride has a way of not just fueling a cold fire, but allowing us to be the only ones camping there. When wrong, but determined to hold onto a gripe for the sake of ego, life feels lonely. Asking God to change this spirit isn’t effortless, for we are surprised to find that pride

has infiltrated several areas of life. Prune it. Throw it in the fire. Our lives are rich and fulfilling when we take pride out of it. Humility is fertile ground for a deeper love.

Intimacy – Are We Building Up Walls?



During an intimate conversation with a friend, we discussed telling our husbands what we need from them (be it sex, emotional intimacy, etc.)

She advised me to tell my husband exactly what I desire. After decades you'd think this would be obvious, and in some ways it is.

I have told him what I want, unsuccessfully. I have demanded that he change to fill my needs, without fruit. I have cried over what he refuses to give me emotionally, alone.

Did I fault my husband? To be painfully honest, sometimes, yes. After all, I reasoned, I have worked very hard to learn to meet him at the intersection of what *I think* he needs versus what he truly asking for. Why would he not do the same? Then I felt the truth grip my heart.

He had tried.

It was like a shake in my soul that left me stunned to realize profound truths. ***1 Peter 5: 6-7, “If you will humble yourselves under the mighty hand of God, in His good time He will lift you up. Let Him have all your worries and cares, for He is always thinking about you and watching everything that concerns you”*** These verses offer excellent guidance when we are unsure where to go from “here”.

What if? What if my own personal hang-ups have been the very barrier that keeps these emotional prizes from my grasp? What if I have *created* the walls I am asking him to climb over?

There are deep emotional chasms in many of us. We expect people to fill these voids and become bitter when they fail us. My lack of understanding had likely built up my wall, brick by impenetrable brick.

My husband and I have a wonderful marriage- that doesn't protect us from problems that arise over time. I have one yawning pit of desperation, a need to connect in a realm outside of humanity. Only God can fill this need, but I put the pressure on my husband to try and heal me. Asking for things that he can't deliver, sometimes being blind to the loving attempts he made to try.

No more. The chains are loosening and the kind of intimacy I desire is in my sight. May God bless my husband for seeing so much more of me than this. He thinks I am wonderful, and I will learn to agree as I rest in God's presence.

This is difficult to share with readers I don't know, for anyone to see. I know **this** though...I am not alone. I can count handfuls of women, with no effort, who have been carrying physical and emotional secrets around their whole lives. This has directed and destructed their intimate lives.

Pain can be so deep that we don't even know it is there, yet our actions reflect it eventually. But, we don't have to live with this. Be encouraged!

Now glory be to God, who by His mighty power at work within us is able to do far more than we would ever dare to ask or even dream of -- infinitely beyond our highest prayers, desires, thoughts, or hopes. Ephesians 3: 20

God promises to do more than we could even dream of. This includes intimacy with your spouse. Your situation may or may not change, but the guarantee is that your heart definitely will. This can lead to excellent chances of our situation turning as well.

We have nothing to lose by humbling ourselves and letting our partners have insight into our needs:

- If it doesn't work at first, this is where humility can really shine. Practice it
- Pray consistently
- Seek the Godly counsel of trusted friends
- Here is where we sometimes drop the ball, wait...and listen to His response

Intimacy is a difficult issue. Taking two people from differing backgrounds, with expectations that they somehow know how to connect on the deepest levels possible? That takes time and a bit of effort. The longer I am married, the more I see that there are walls surrounding my heart that I had no idea were there. Surely I had given complete access to my husband!

No, intimacy building is a full time lifelong commitment.

Things consistently try to pop up and invade that bond between a man and wife. Galatians 6:9 encourages us, “***Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.***” The harvest of true intimacy is worth diligently sowing the healthy seeds of relationship. Do not grow weary, don’t give up. Jesus, the great lover of our souls, is walking right beside us. With each step we take.

7 Compelling Reasons To Stick With Your Marriage



Marriage is hard.

There are days when we don't like each other. *Not even a tiny bit.* When just our mates breathing and taking up space is annoying.

We've become a society that believes if we aren't happy, cut our losses. That attitude can lead us to chase imaginary perfection. We lose. If I had cut my losses during times of marital strife, well, my life would be less rich. Marriage is full of expectations. Dreams of fulfillment and joy. It takes hard, sometimes intense, effort to make it beautiful.

In my marriage there have been times when I wasn't happy. Neither was my husband. Yet we didn't give up. We didn't allow ourselves to dwell on the idea, period. **Trouble might have tricked us into thinking giving up would be easier.**

We have been together since our teen years. It is not for sissies to grow up into mature, selfless (mostly, working on that) adults. Immaturity is taxing. Maturity is elusive when we revisit the same old problems.

And isn't that it? Usually the same old things? For us, for most people we know, the roots of marital issues run deep. If you are at a fork in the road-**Don't give up.**

The rewards for digging in can be something beautiful, almost indescribable. Here is what I know about sticking with it:

1. A shared history with another person connects you for life. There are things to look back on, only achieved through years of memory making.
2. Companionship is a rich gift. Someone to share your life with amounts to a treasure.
3. Marriage, if we'll let it, changes us from selfish creatures into people with a sincere desire to put someone else's needs first. Trust me on this, its way more fulfilling to serve. A strange irony, but true.
4. Our children deserve to be taught this vital truth: *marriage, like all things worthwhile, is worth working for*. Strong marriage gives them security. When we feel secure, it spills over into their lives. We are training our children what to look for in their own adult lives. This is intimidating, yes? No matter what mistakes we made yesterday, we can start moving forward **now**.
5. Speaking of security, someone to have our back is a perk of a good relationship. A partner to share the burdens of life, the joys. How often we take this for granted!
6. Humor. My husband makes me laugh. We should be careful not to downplay *how far humor will carry us* in the darkest days.
7. Intimacy is the strongest pull we'll ever have connecting with someone. What better place to work on this than in a loving marriage.

We are convinced that our partner should fill our needs, complete us. I think this is a tragic neglect of understanding where God fits into our marriage.

My husband does not complete me. I used to think he could, should.

I don't complete him. I try most of the time, but my selfishness will pre-empt this without warning.

We learned to live with the unexpected. Things he won't, or can't, give me. Things I still do that he wishes I wouldn't. There are disappointments. But those things? Those irritants that make our pride blister? Oh, the healing is sweet indeed. How much better we are pushing through. When we learn to let **God** be the one to fill those voids.

I am thankful for my marriage; it makes me a better person. It blesses me continually as my husband cares for me, and I care for him. It's not perfect, but astoundingly, better than perfect.

It is perfecting. Refining. And I shall rise and consider myself blessed each day I get to participate.

How To Create A Love Story In The Relationship You Already Have



I long for passion. You don't. I seek excitement. You are content to just be. I see things in vivid color. You are neutral. I see things for what they can be. You see things for what they are. I am dramatic. You are controlled. I want to change the world. You are at peace in your corner of it. I get anxious about things. You bring me back to reality. I complain you don't get enthusiastic. You laugh at me for getting that way about every little thing. I live for the details. You enjoy the whole. I love life now. You dream big about the future. I can never shut my mind off to sleep. You can doze off mid-sentence (mine!) I talk a lot. You talk a little.

Sometimes neither of us hears each other. When that happens nothing feels right in my world. The things I sometimes wish I could change about you, are the very things that keep me sane. While I sometimes long for you to be more like me, I am grateful that you are not. I could not live at the pace my mind runs at for long without you to anchor me and reel me back in. You keep me steady and that is a good place to be.

Finding joy in a marriage can be work. We start off with nearly uncontrollable excitement in our new life as a couple. Months or years later, we may find times that our excitement has turned to dismay. We can become disillusioned. *Certainly God designed our marriage to be more than this!*

Take comfort. In these times, get ready to settle in a take stock of the good things you have together. It was during a time of deep reflection when I penned the words above, as another step in practicing the discipline of purposefully loving my husband. Let's look closer at finding joy in our marriage...

Proverbs 18:22 teaches “***He who finds a wife finds what is good, and receives favor from the Lord.***” If finding a wife is promised as a good thing, then how can we promote that in our relationship? I want my husband to feel as if he found favor-not a dripping faucet, ahem, also mentioned in Proverbs. Time for practical application...

- Regardless of the feelings you may have toward your spouse (should they be less flattering), remind yourself that feelings are not always trustworthy. Make every attempt to see your husband as God does.
- Focus on just one thing a day you can appreciate about his personality. If you can’t find even one at this point, ask God to open your eyes to a new perspective. If you find plenty, even better!
- Can you locate a photo of you as a couple that brings happy memories? That is what prompted my words above. (I decided to create a scrapbook page about the reasons I enjoyed being a part of this union.) Use it as a reminder of the love you felt that day. Don’t accept any common teachings telling you to cut your losses if that loving feeling has faded. Time changes things, it is true. Determine to see this as a good thing.
- Accept what is. Right now. Today. Don’t allow yourself to dwell on what you imagined things would be. This is a crucial step to appreciating the relationship you are already in.

It took effort to appreciate the unique aspects of our personalities , finding the distinct ways that we complemented each other. It was worth every second. I keep searching for the reasons to continually appreciate the man I married. He, who selflessly loves me, deserves to find favor in the wife he chose.

With the passing years, the love has settled into something better than I could have imagined. The depth is surprising and delightful. The more we grow in our relationship with God, the more we are able to find not only contentment in marriage but amazing JOY.

Settle into steady and see if you, too, can find joy in the “everyday” of married life.

Loving Our Spouse When They Have Nothing Left To Give



Sometimes adoring our husbands takes great effort.

My husband went through a difficult time for the last several years. Not that he hasn't found joy in his home life, but his career has held personal disappointment. This is a hard place to be in. On one hand, he is humbly grateful to have a job when so many don't. There is no job security in his world, so he doesn't take this lightly. On the other hand, much of his perceived self-value comes from the work of his hands. **And that work has been life stealing instead of satisfaction giving.**

Why share such a personal struggle? Because I know that many can relate to this on some level. When a spouse spends 14 hours a day at work, and only a few waking hours at home, that will take its toll. If we aren't careful that toll can extend to our marriages.

We know that our value does not lie in what we “do” in our lives. We know God has a perfect plan for us, don't we? *Do we?* In the darkest moments on the journey don't we sometimes whimper a question to God? I did.

Shame filled me as I told God that my dear husband didn't see evidence of that plan. I couldn't see it in his life either. I knew it to be true, but in this moment I doubted. What if my husband can't see his value through God's eyes? Tragic.

God can handle our doubt. Our questions. Our fears. He offers countless words speaking to us, comforting us, teaching us to follow Him even when nothing makes sense. He spoke to me in

that moment of my shame and said “*I show your husband love and joy every day through you. You are my love to this child of mine!*”

That, my sisters, is humbling. We are a gift to our spouse every day. In the Godless places where many of us work, it offers a beating, but...not destruction. Our home is a refuge, the place where we can offer hope and healing. God’s home is in us and we have the tools we need to comfort each other in difficult seasons.

These steps have helped in our home and I prayerfully offer them to you:

- Don’t complain about his job to him. Boy, have I had to learn this the hard way. Put yourself in your husband’s shoes and imagine the stressors of providing for his family. Now imagine our complaints on top of that. This is a top way to create a peaceful home by simply biting our tongues. Proverbs 18:21 “***Words kill, words give life; they’re poison or fruit---you choose.***”
- Be extra patient. He might not be able to see your needs clearly. Extend grace.
- Ask trusted friends to pray. Isaiah 26:3 promises that God “***...will keep him in perfect peace whose mind is stayed on God...***” Pray for a right state of mind.
- Save money when possible. This alone helps relieve a bit of pressure, especially when you are facing uncertainty in the family income. It is a comfort to our husbands to know they can trust us to make the money go farther and respect the boundaries of the budget.
- Work to not take it personally if he is distracted. Likely, he truly does care about your needs, but sometimes marriage requires we give when we don’t feel we have much left to offer. Just a little more might be the words that provide hope to stand against despair.
- My husband says he found it very encouraging to receive short texts or emails. A scripture, a love note, just a smile emoticon. Anything to remind him that he matters to us. And even more importantly, this can remind him how much he matters to God. These are impactful distractions.
- Keep the joy alive in the home. Another thing my husband appreciated was that the house was kept nicely and things were in order for a peaceful evening. Do what you can! Don’t make this a burden upon yourself. My girls are getting older so this was easier; when they were younger we made a game of picking up before Daddy got home. This isn’t something he demanded, far from it. It is a gift that I can give to him. One of the few things I can offer him to counter the chaos in his work world.
- Be his wife. It is easy to get caught up in our multiple life roles. Find joy in your relationship.
- Remember, this is a season. Some seasons bring peace and some bring troubles. All bring growth and opportunity to love each other richly. There is fruit to be had even in our winters.

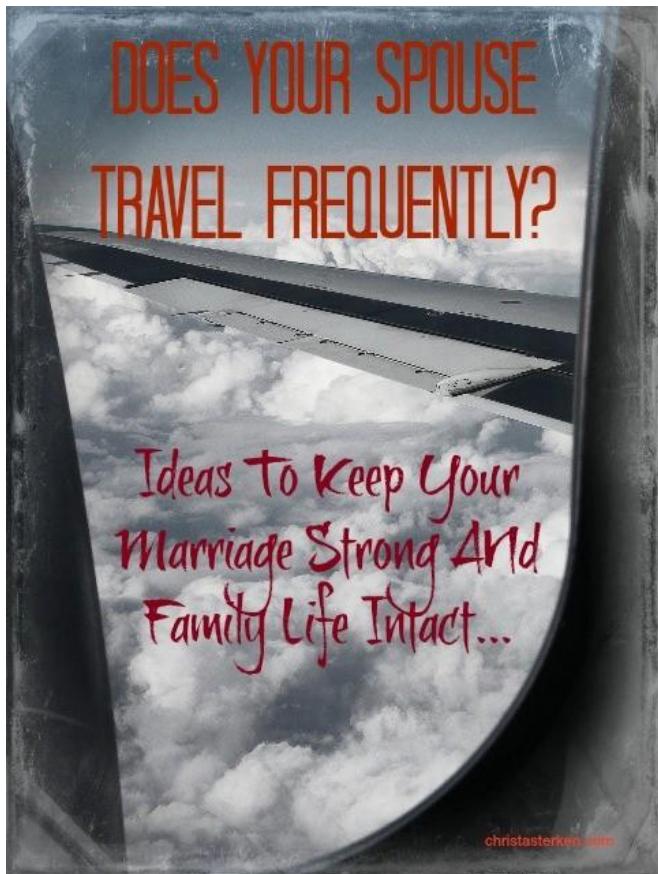
Since we became one when we married, we agreed to share each other's burdens. I feel the joy of life but it is incomplete if my partner suffers.

Does this feel like too much pressure? Then turn to God who asks us to trust in Him with all our heart, not leaning on our own understanding. Stand strong then in boldly praying. **Psalm 34:4** shares the heart of David who knew troubles, "*I sought the LORD, and he answered me; he delivered me from all my fears.*" God will deliver us as well.

The change we need may be just around the corner. But the courage we need is already in us. We are more than conquerors!

What have you learned from dark times in your marriage that might encourage someone else?

Does Your Spouse Travel Frequently? Ideas To Keep Your Marriage Strong And Family Life Intact



Barb's husband could not find a contract locally and was forced to work in another state for almost a year, coming home barely every 3rd weekend for 48 hours. Jeni's husband has been working out of town, connecting with his family in person once a week. She has breast cancer, and a child with Down's syndrome, and has had to mostly battle these things without him there physically. Tiffany's husband has been looking for a new job for three years. In that time he has had to go where the work is, driving long hours to get home when he can.

My own husband came in quietly last year. When I saw his face my stomach tightened into knots, dread filled my heart. We have faced upheaval many times for work and I recognized this as eminent. "Well," he started, "*work is sending me out of state for several months. Maybe we should start packing for you to come with me. We'd leave in three days' time.*"

I didn't react well. I'd like to tell you I ran to him with a tender caress and supportive words. That I put his needs ahead of my own, his desires above mine. But, that would be untrue. No Godliness, no loving support, only outrage.

We had done this before. After calming down we were able to discuss the obstacles to going along *and* staying. I spent the evening praying. First for forgiveness, and then desperate pleading for God to make clear his will for us. We didn't have time to wait patiently in prayer. My husband was required to give an answer in the morning. He didn't want to leave our house empty for months in our harsh winters. We had "life" all neatly penciled in on the calendar for two months out. The holidays approached. The list went on. I saw the frustration in his eyes, wanting to do what was right by us, knowing he had no choice but to take this difficult assignment.

We decided, for now, the family would stay home. God softened my heart, put my priorities in right standing, and helped me to bless my husband. I told him I would do whatever he desired, and I meant it. It was a huge comfort to him and within days he was gone. Here we sit, without him, yet trusting God to provide while our protector is away. Many of us are called to be apart in these economic times. Keeping our marriage strong requires extra effort. A few ideas to do this?

- Think of our spouse's feelings, not just our own. While I knew it would be hard for my husband to be away, panic set in when I thought of how I would feel without him. Somehow it seemed more painful to limited thinking on my end. Philippians 2:3-4 (NCV) gently reminded me, "***When you do things, do not let selfishness or pride be your guide. Instead, be humble and give more honor to others than to yourselves. Do not be interested only in your own life, but be interested in the lives of others.***" The one who is away suffers also.
- Often in marriage it seems one partner is desirous of deep communication, while the other, well, doesn't require the same level. Express heart needs.
- Keeping a normal schedule at home fills the days, but nights and weekends can feel lonely. Planning ahead for something out of the ordinary helps provide distraction. Go to a movie, let the kids have buddies over for a game night, or ask a friend to meet for coffee.
- Start a project that celebrates the gift of marriage, gathering things that keep important memories forefront.
- Plan in advance to celebrate the homecoming, however brief, of the absentee spouse. Do this with kids in preparation for seeing Daddy. Cultivate family time to keep relationships strong.
- Time alone, husband and wife, is crucial. Separated bodies and spirits must be allowed time together to reconnect after being apart.
- Send pictures and notes in their suitcase, simple gifts of love tucked away in the folds will be a treasured surprise upon arrival in a sterile hotel environment.
- Most importantly, ask God for ways to help us grow in times of separation. For example; I have suffered from night terror my entire adult life. When my husband is gone this becomes a serious issue. I am trusting God for intimate times of growth in the depth of darkness.

It is ideal in marriage to be together. The reality of our world sometimes dictates an interruption. God does not leave us without encouragement in these difficulties. Romans 5:3-4 strengthens us, “***We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation.***” Endeavor to face every challenge of life with a determination to grow, and marriage still blossoms. In any location.

When the nights are long and we grow weary of building perseverance, tired of the challenge of strengthening our character, there is comfort still in God’s arms when we long to be embraced by our husbands.

“***...Weeping may remain for a night but rejoicing comes in the morning. For I am still confident of this: I will see the Goodness of the Lord...***”

{Psalms 30:5b, Psalms 27:13} (All names have been changed for privacy)



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I see you. You might feel invisible sometimes, but I see you. In fact, I am looking for you. My words are for you.

Days are busy and there are countless diversions, but my heart won't let me forget that my purpose is in communicating. God is steadily shaping and molding me to share life with you.

I consider myself a truth teller. A seeker. A believer that we are all creative and can express ourselves most deeply through this gift. An encourager. An advocate for the underdog.

I cannot go through a day without observation. I notice things, odd things. Deep things. Those observations swish around in my brain, connecting with other ideas and pictures, until the thoughts take shape.

*The tips of my words sharpen, ready to cast off and reach their mark.
The mark is your heart. I am growing, changing and challenging myself to live abundantly each day. Life is an art form.*

*You are invited to come along with me. I will share with you, life.
One word at a time.*