



FOOD FOR THOUGHT

This section provides small kernels of 'Food for Thought'. They are high in nutrient value and are provided for your nourishment and refreshment.

Over the years we have found the phrase "Forewarned is forearmed" to be very true and these kernels have been very helpful to many couples. Hope they help you, too.



JIGSAW PUZZLE: The world is a vast jigsaw puzzle. So is life. And so is the Body of Christ.

We cannot begin to understand how it all fits together. But what we do know is that God calls us to be the perfect part of His puzzle - the part He created us to be.

When one piece is missing from a puzzle, the whole puzzle is not as pretty. If our piece is in its place, then we will contribute to its beauty. Anything less will distract.

So for us Married couples, our main job is to be the best spouse possible. We must strive to give each other and God our best. Marriage is not rocket science, but it can get difficult, at times.



MOVIES: How many of you go to the movies and leave after the previews? I doubt if anyone does, because by doing so you miss the most important part. In a similar way, if we don't live our marriage according to God's plan, we miss the best part. God has put so many of his treasures into the Sacrament of Marriage for our spiritual and physical well being. But some of us fail to make use of the Sacramental benefits. Other's of us only skim the surface. But some really exploit its gifts. We want all married couples to embrace their Sacrament fully and benefit from it.



SACRAMENT OF MARRIAGE: Did you know that of the seven sacraments, only the Sacrament of Marriage is given by the recipients to each other? And the wonderful thing is that you can continually give each other the benefits of the sacrament. Every smile, every kind word, every thoughtful act is you way of saying "I do" to your marriage all over again. Let's learn more about this wonderful gift from God and how we can keep giving it to each other daily.



We're all familiar with the three little words "I Love You" - little words with a powerful message that when spoken sincerely resonate through to eternity.

In order to unleash their full power, we must do away with three other little words: I, me, mine, and put these three little words in their place: we, us, ours.

When we do this, we allow God to join with us to forge two into the one flesh that He calls us to' be. We begin to unlock the countless blessings that God has for us in the Sacrament of Marriage.



A TALE OF TWO MARRIAGES:

Two couples planned to marry. They were close relatives of the King. On their wedding day, the King gave both couples a small package wrapped in plain paper. They both smiled and placed it on their gift tables.

After the reception the one couple left the King's gift behind. Family members packed the gifts, which were later taken to their apartment. The King's gift got misplaced and forgotten.

As time went by they experienced a marriage that never came close to their dreams.

As the second couple walked past their gift table, the groom put the King's gift in his pocket. At their hotel room, they sat close to each other, and with anticipation and excitement, opened the King's gift. They gasped at the gold key lying in the little box. The bride gently picked up the key. Lying under the key was a note which read, "This key, when used by the two of you, united in mind, body and soul, will unlock the unfathomable gifts I have for you in the Sacrament of your marriage that you gave to each other today. Join your hearts and souls to my divine will and I will take care of you beyond your wildest dreams."

In your opinion, which couple was wiser? Why?

Let's learn more about this wonderful gift from God and how we can keep giving it to each other daily.



CAR TROUBLE:

What would you think of a neighbor who constantly complained of trouble with his car but did nothing to correct the problem? That guy's foolish! Right?

Well, what do we say about ourselves if we aren't willing to improve our marriage relationship??? Take your marriage from KIA Class to Corvette Class by making a Marriage Encounter.



MALE TENDENCIES:

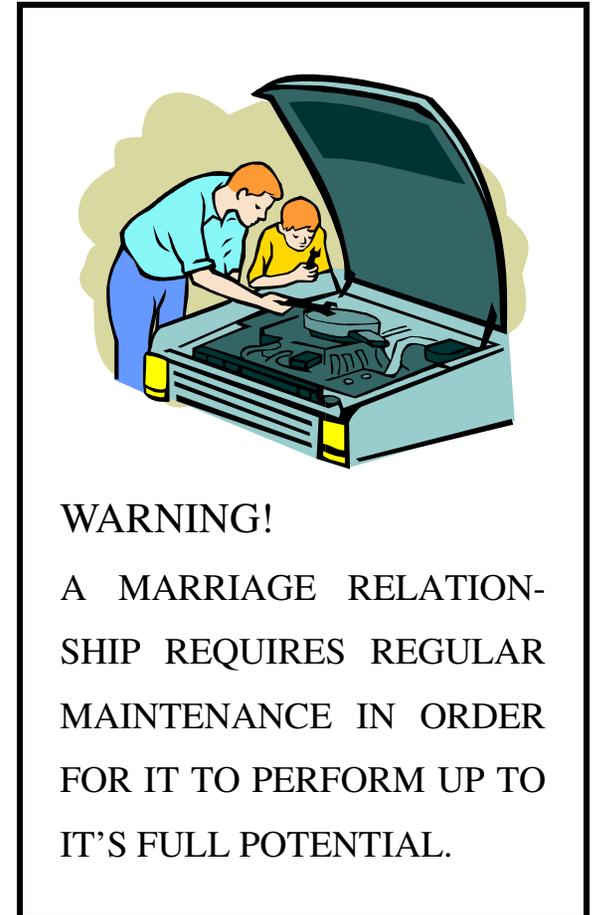
Men tend to be task oriented. For many of us that's the way we approached marriage.

We spent considerable time and attention on finding the right woman to be our wife. Then, considerable more time and attention on convincing her to be our wife. Then comes the wedding and honeymoon.

At that point some of us consider the task finished. We turn our time and attention to other tasks, such as earning a living.

That's bad news for our wife and children and ourselves. Marriage is not a task, it's a life long vocation.

We need to spend just as much time and attention on our wives and our marriage after the wedding as we did before. If we do, we're on the path to a happy life.



WARNING!

A MARRIAGE RELATIONSHIP REQUIRES REGULAR MAINTENANCE IN ORDER FOR IT TO PERFORM UP TO IT'S FULL POTENTIAL.





A LESSON FROM TOBIT: In scripture we read: "I became very angry with her (his wife) over this." -- Tobit 2:14.

Tobit became blind and disabled (Tb 2:10). In those days, there was no provision for Tobit to be employed, so his wife Anna took a job as a weaver (Tb 2:11). This put a strain on their marriage. Finally, they had a big fight (Tb 2: 13-14).

Tobit failed to look inside himself to see the real problem – PRIDE. He failed to recognize that he and Anna were a team. She was taking on the "bread winner" role that he could no longer do. Had he taken the time to understand himself and his wife, he would have thanked her profusely for the sacrifice she was making for THEM. And their love for each other would have grown stronger.

All of us miss opportunities to make our love stronger. Take the opportunity to better understand what's going on inside yourself and turn potential conflict into a time to grow in love and understanding. Don't be a Tobit, be like Mary & Joseph.



BOEING 747: Would you attempt to fly a Boeing 747, or navigate a submarine without training? Well, a good marriage also requires training. A successful marriage is not rocket science, but there are proven principles that make the journey infinitely more rewarding, enjoyable and lasting.



A PASTOR WRITES: I believe that it is important for all Christians to remember that Jesus began his public ministry at a wedding feast in the village of Cana.

Jesus spared the young couple the pain and embarrassment and possibly their first argument by quietly replenishing the depleted wine supply.

What might have been your response faced with the same dilemma? After all, who would want to be remembered as "the couple who ran out of food or refreshments at their wedding celebration?"

The groom might have snapped at the bride, "Why didn't your folks order more wine?"

She might have answered in defense, "There would have been enough wine if your folks didn't drink so much!"

Fortunately, the couple in the Bible had invited Jesus to their wedding. He took care of the problem without their awareness. That's the way Jesus often works -- quietly and behind the scenes.

The real miracle in the story is not necessarily more wine, but the institution of the Sacrament of Marriage. It's God's gift to us. It's God's gift to you. Its benefits are limitless.

Jesus wants us to join with Him to create a visible example to the world of His love for His Church, couples and all people.



EXTREME COMMUNICATION PROBLEMS?

Having a hard time communicating with your spouse?

Write your Personal Reflection to God, then let your spouse read it.

