

3 Small Changes Greatly Improve Your Marriage

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What is it that makes changing so hard? Over the past few years, I believe God has shown me some things about myself that make changing so difficult. These things are universal, and I believe once I learn them and understand them it will make changes much easier.

I am often trying to find ways of making myself a better person. I imagine all of us at some point wish we were different people. We wish we had more self-control and better eating habits, or we dream about being in better shape. And most of us men deep down inside desire to be the romantic, chivalrous knight our wives desire us to be. The problem with all these things I desire to be and to change is I never seem to get any further than the last time I tried. **Nothing seems to stick.** What makes changing so hard? Over the past few years, I believe God has shown me some things about myself that make change difficult. I believe these things are universal, and once we learn & understand them it will make change easier.

1. Accept You Are Limited By design

You *can't* do it all! God made you with limitations on purpose. The sooner you realize this the more freedom you'll have and the less stress too. One of Satan's greatest weapons against us is making us feel like failures. You get frustrated because you can't get up 2 hours early to go for a jog, lift weights, eat a healthy breakfast, then sit down in a quiet place to read the Bible, journal, and pray until you hear a word from the Lord. It just isn't possible to make those kinds of changes all at once.

2. Make Small Changes

Realizing you were born to be limited isn't an excuse to not make any changes at all! It's ok to only accomplish little changes. It's the one-degree course correction that has a great impact over a long distance. Did you know if the space shuttle was only one degree off course it would miss the moon by about 13,356,000 miles? One degree can make a huge impact on your life over time. Here are some examples of one-degree course corrections you can make.

- Cutting out 1 soda a day will save you 700 calories/wk and 36,000 calories/yr.
- On average a person spends about 60 minutes waiting in lines, in traffic, etc.... If you prayed for 5 minutes every day while you were waiting in line at the store or while pumping your gas. You would spend about 30 hours a year in prayer.
- The average time spent on mobile devices other than talking to someone is about 1:07 a day. If you were to trade that last 7 minutes of mobile FaceTime with "wife attention" you would decrease your mobile intake and **increase** your face time with your wife by 42 hours a year.

3. Where Your Heart Is There Also Will Be Your Priorities

God has made it very clear that my priorities dictate where my time and money go. If my wife is a priority I would spend as much time, money, and energy as possible on her, for her, and with her.

We all need some one-degree course corrections in our lives.

So, what one-degree course correction can you make that will have a huge impact in the months and years to come?