

5 Ways to Show Commitment

Prepare/Enrich Blog – June 22, 2022

'Til death do us part. I do. For better or for worse. In sickness and in health

What do these phrases all have in common? We associate them with commitment, but, at the end of the day, they're just words. Commitment can be present without a formal ceremony or vows, and it can be absent with them. What matters is how you **live out your commitment** to each other in actions & attitudes that reinforce the words. Without further "I do", here are five ways to show commitment.

The obvious one – love, honor, and respect

This seems like a no-brainer. If it's something you do without even thinking about it, that's great! However, it's not uncommon to need a reminder every now and then. In those times, make a choice to treat your spouse with love and respect even if you aren't necessarily feeling so loving. Intentionally loving each other, when you're going through a tough season demonstrates the unconditional commitment that you expressed in your vows.

Invest in your relationship

This can take many forms. It could be doing premarital counseling or going to counseling even after you're married, It might be working on yourself to be a better spouse and supporting each other in doing so. It's prioritizing each other and your relationship. The idea is, continue to put in the effort to strengthen your relationship; don't become complacent. This shows that you care about the quality of your marriage just as much as its longevity.

Follow through

It could be something as simple as calling when you said you would or completing a task you started. Or perhaps it's something bigger like working to become a better communicator or adjusting your spending habits to reach a financial goal. Whatever it may be, following through shows your partner that their trust in you – and not letting them down – is important to you. Being dependable reinforces and strengthens this trust.

See the bigger picture during conflict

You're going to have conflict. But when you're committed to each other, conflict is just a bump in the road on your bigger journey together – not a deal-breaker or something to be feared. You have a desire to work through it together, not just to get it over with. Feeling secure in the fact that you're both all in, can help you resolve conflicts in more productive ways.

Show commitment even when your partner isn't present

Instead of complaining about each other's negative qualities around your children, relatives, and friends, hold each other in high regard and speak kindly of one another. Maybe you pick up their favorite dessert on your way home from work, or you turn down plans with a friend because you know they wanted to spend some quality time together.

When we consider what goes into a strong marriage, we often think of things like good communication or staying connected. And they are very important. But underlying everything is commitment. We can say it, but our actions are what make it a sustaining force in our relationship.