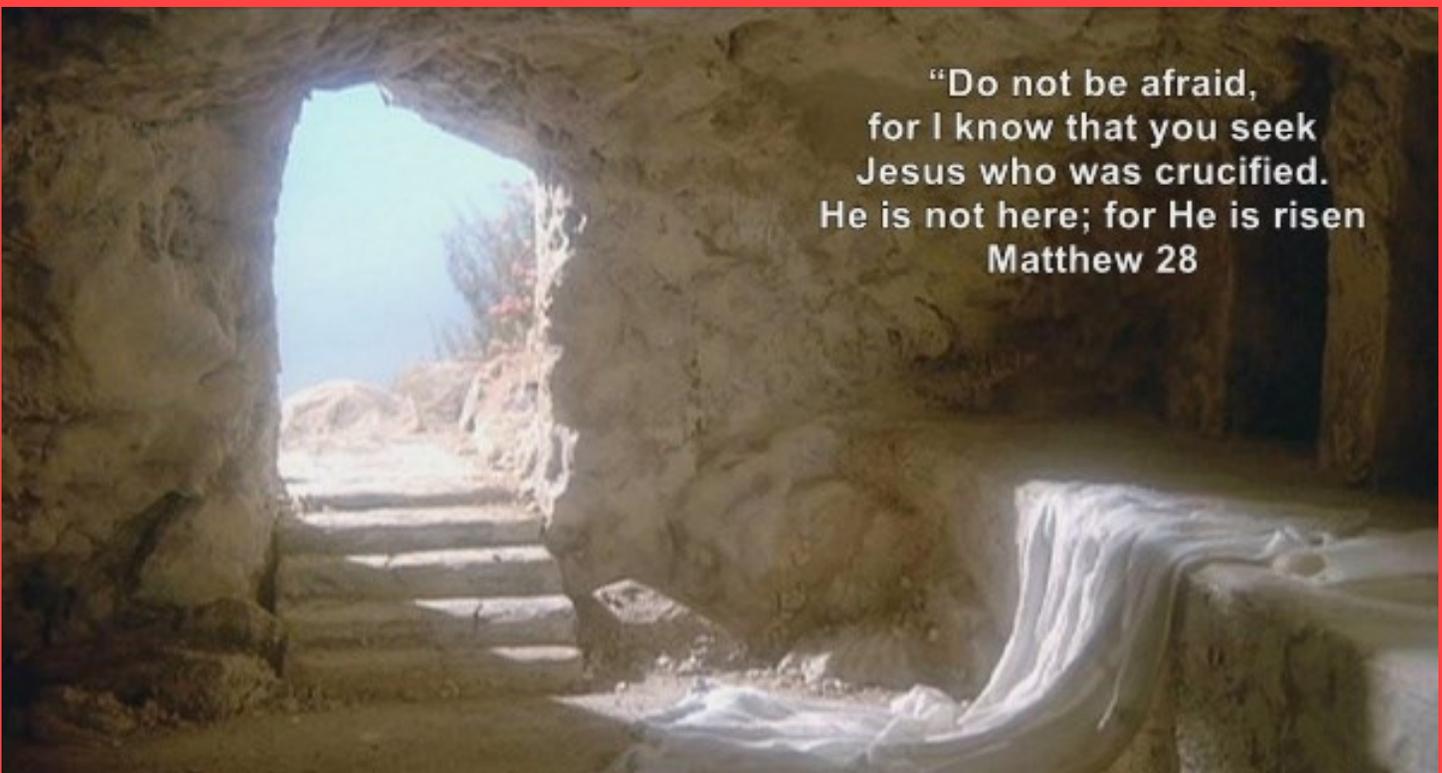


**"Do not be afraid,  
for I know that you seek  
Jesus who was crucified.  
He is not here; for He is risen  
Matthew 28**





### 5 Ways Easter strengthens your marriage

The first way in which Easter (death, burial and resurrection of Christ), impacts your marriage is the example that Christ provides regarding how we should live with our partner. I had great role models in my father and grandfathers. Yet, with all the sacrifices, and words of wisdom they shared about being a man and husband, I still need of a role model for how I should act in my marriage.

I often meet other couples that seem to want and need the same thing – a role model for their marriage. Where does a husband or wife look to get insight on how they should treat their spouse, if not from their parents? Who does a couple pattern their relationship after when unprecedented circumstances arise?

I Peter 2:21-25 indicates the purpose of the suffering of Christ on the cross was to provide an example – a role model, for us to follow. It is both a general truth for all areas of our lives, and one that is specific to the marriage relationship:

*“For you have been called for this purpose, **since Christ also suffered for you, leaving you an example for you to follow in His steps,***

So then let’s take a look at the specific things that Christ models for us, and how it relates to your marriage.

**Humility.** *“Who committed no sin, nor was any deceit found*

*in His mouth”* I Peter 2:22. Christ models humility in that in He did not qualify for the treatment He received. This verse really hits home, because so often in our marriages we treat and are treated in ways that we may not deserve – a negative comment, a measure of disrespect, a revelation of some form of distrust. Yet in the way Christ was treated we see that at times when dealing with people this is the way we are treated, or treat others, deserving or not... *“...and while being reviled, He did not revile in return; while suffering, He uttered no threats, but kept entrusting Himself to Him who judges righteously; I Peter 2:23. How Christ was treated, even though underserved, did not give Him license to return ill-treatment. How would I respond to being hated, spat upon and having flesh ripped out by whips and chains? Probably not in silence. But He did not return the reviling or suffering in the manner in which I would, by trying to get even. Rather He modeled a unique strength of trust in God the Father ,by relying on the righteous judgement of the Father. In our marriages we have this example of Jesus to interact with each other with this same level of trust. Rather than meeting our spouse where they are, or how they*



are treating us – we have this example in Christ to keep trusting God. Let me be clear, I am not talking about being a doormat or allowing someone to hurt or disrespect us. But to trust God for how He would want us to respond to our treatment.

What Christ did on the cross allows us to live in a righteous, harmonious manner, while maintaining fellowship with the Guardian for our souls. Where wounds and hurts arise in our interaction with our husband or wife, the atoning work of Christ on the cross, and the wounds suffered for us, provide strength to respond righteously like Christ did in securing our salvation.

Living in the same way, wives find strength when they respect their husbands; and husbands find strength when they live with their wives in an understanding way. It is a word of encouragement that

lets us know that what Christ did on the cross, secured an example – a role model of strength that enables us to *live harmonious, sympathetic, brotherly, kindhearted, and humble in spirit; not returning evil for evil or insult for insult, but giving a blessing instead* (3:8-9).

This Easter, reflect on the humble example of Christ and the strength he secured for you in your marriage.

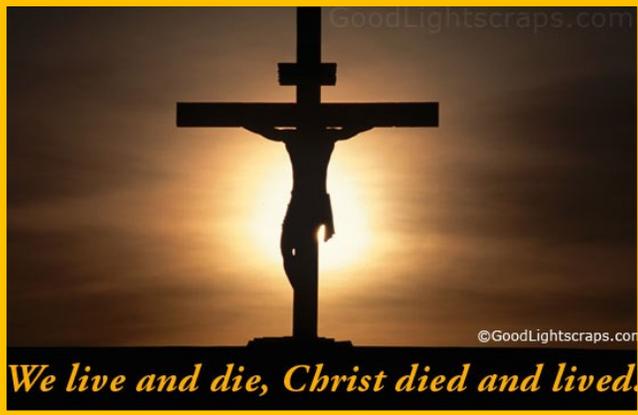
### **Patience**

The events of Easter allow us to now have patience in all areas of living.

If ever I needed a word of encouragement for myself, now would be the time, and patience would be the subject. My wife and I are going through a stretch that can be summed up simply as “a time of transition”. Over the last few months every good thing that has happened has been met with a... “challenge” right behind it. We get murky glimpses of steps forward, with clear pictures of challenges to getting there.

But the miracle of what Christ did on the cross, and which we celebrate on Easter Sunday, is that His death on the cross allows us to wait on God patiently, in all phases of our marriage. Waiting patiently on the Lord for changes in our relationships, is neither normal or natural, but look at the words of Colossians 1:10 – 11 that explain what is available to us, *“so that you will walk in a manner worthy of the Lord, .....strengthened with all power, according to His glorious might, for the attaining of all steadfastness and pa-*

*(Continued on page 3)*



tience; joyously.”

This passage indicates that because of what Christ did on the cross, we now have the ability to walk worthy before the Lord and to please Him. It is only through our relationship with God, which was made available through Jesus dying and rising from the dead, that we can be strengthened and attain stability and patience joyfully.

Have you ever had to wait on your spouse? I don't just mean while they are in a women's store for way too long. But, I mean waiting on them to grow in the Lord. Through our walk with God, we can wait patiently and joyously for our spouse to grow in the Lord, while they wait for us to do the same. And together as a couple the two of you can both wait patiently and joyously on the Lord to change and strengthen your marriage.

As Easter Sunday approaches think on these passages that speak to our ability to be patient in life and marriage:

*Ephesians 4:1-3 Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called, with all humility and gentleness, with patience, showing tolerance for one another in love, being diligent to preserve the unity of the Spirit in the bond of peace.*

**Forgiveness**

Through the death of Christ we can forgive and be forgiven. The power of forgiveness cannot be overemphasized.

In Colossians 1:13 the Bible tells us that, Christ delivered us from the authority of power of darkness and moved us from outside to inside of the kingdom of God. This is what happened on the cross on Good Friday and culminated with His resurrection on Easter Sunday morning; our entrance way to the kingdom of God was established.

Then in Colossians 1:14, we learn that in Christ, the beloved Son, we have redemption – the forgiveness of sins. These are the facts of the cross that impact our everyday living. We can forgive, even when difficult or undeserved, because we have been forgiven by God – even when we did not deserve it.

When we think of what Christ did for us through the events that we

now call Easter, it becomes difficult to hold a grudge or fault against our spouse. The Bible is clear that God hates our sin, while he continues to love the sinner (us). Without the forgiveness of our sins on the cross, we would not be able to have a relationship with God. In your marriage are there things that have created barriers to a full relationship with your spouse because of un-for-give-ness? As you get ready for Easter Sunday morning what does a forgiving God want you to forgive your husband or wife for?

**Endurance.**

Too many marriages start out well but don't finish well. Yet, I have never met a couple that stood at the altar and said someday I will despise you. It is somewhere along the way that things fall apart. But the cross of Christ and His overcoming death, show us that in whatever we face, we can endure. And by endure I don't mean just put up with it, but overcome it, just as Christ did.

Let's not set up a false expectation for ourselves about what endurance feels like. I once heard a sermon on the radio where the preacher was illustrating the need for constant contact with God. Along the way, he rhetorically asked the congregation what they ate for dinner 30 years ago. Pretty silly right? No one remembers. The point was that although you don't remember what you ate specifically, you know you ate because if you hadn't, you would not still be here. In the same way you may not always feel God giving you the power to endure your trials, but be assured that He has been. Because if He had not been giving you strength up to this point – well, you would not still be here.

Look how the exhortation of Hebrews 12: 1-3 makes clear how we can endure life's challenges. *Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.*

Similar to this message to the Jewish Christians in the book of Hebrews, you and I can endure today's challenges. We too have a great "cloud of witnesses" that have endured tough times, survived, and some how thrived. What we face today, someone else faced and figured out how to make it work. Can God do it for your marriage?

God proved His love on the cross. When Christ hung, and bled and died, it was God saying to the world "I love you".  
~Billy Graham~

Next, God reminds us to lay aside the challenges (sin) that surround our relationship and endure our race. So often we think that life is

*(Continued on page 5)*



## Think fast..... What marriage can teach us about Lent, and it's not what you think.

What pictures come to mind when you hear the word, "fasting"? What about, "penance"? Perhaps you envision the grumpy monk, self-flagellating in some medieval chamber. Or perhaps you see the pious holier-than-thou, starving herself out of some sense of personal loathing. As citizens of the 21st Century, it's very likely that you envision something at least similar to what I'm describing.

Because of these associations, I always had a really difficult time rationalizing penance, even the menial kinds. Of course, I never gave up anything great other than a favorite snack or a less-than-savory habit (in freshman year of college, I gave up swearing). And yet, I had a deep and uncomfortable question that I had to wrestle with: why should I have to be made uncomfortable in my relationship with God? If God really loved me, I thought, and I really loved him, why should the kind of discomfort that came with penance be something I had to take on? Don't get me wrong: I understood the importance of being able to *suffer* for God, if necessary. After all, almost anyone raised Catholic, has at least a basic familiarity with the various saints and martyrs who've stood up for their faith even in the face of suffering. But there's something heroic, even dramatic, about suffering. *Discomfort*, on the other hand, just seemed so meaningless.

I ended up finding the answer to my question, though, in a little document known as *The Theology of the Body (TOB)*. A collection of public talks by Pope Saint John Paul II, the document explains – among other things – the sacred beauty of the body, what it means to love others, and God's plan for human relationship.

Beyond all that, though, one of the central messages of TOB is that our relationship with God is (and should be) like a marriage. If this is a new concept for you, it shouldn't be an overly difficult one to take in. Where else but the best marriages do we see two people giving themselves completely to their other? Where else but in the best marriages do we see a love so great it has the power to change people? Where else but the best marriages do we see a love that is free, total, faithful, and fruitful? The answer to all of these questions is, mysteriously and simply, "the cross"; we see this love – this radical kind of self gift – in the way that God loves us, and in the way He asks us to love Him.

But as the best of married couples will tell you, nuptial love isn't always flowers and chocolates and sweet nothings. Oftentimes, the most sincere communications of love lie in the daily messiness of life. "I knew you were tired" says the bridegroom to his bride, "so I gave the baby his bath to-night"; "I know you're suffering", says the bride to her

bridegroom, "so I took care of the dishwasher". The lovers don't do these things for each other because one is angry at the other, nor because one is at fault and seeks to appease the other, nor because their relationship is suffering. After all, no amount of chores or duties would be enough to even the scale against, for instance, an unkind word, a particularly nasty argument, or – God forbid it – a painful infidelity. Instead, the lovers do these things for one another when their relationship is solid, to make it even more solid. They do it because amidst the Saturday chores and the leaky faucets, and the "could you just make sure the door is locked one more time" – amidst, as Mother Teresa put it, the "small things" – great love flourishes. This doesn't mean that the roses and the chocolates are any less real, less sincere, or less necessary; it simply means that the thorns and the poop diapers are real, sincere, and necessary as well.

In a similar way, our relationships with God can't (and shouldn't) always be sweet. A love as profound as that which is shared between Creator and creation, between bridegroom and bride, cannot be made up simply of inspirational sermons, grateful praise, and merry Christmases; there must also be somber hymns, times of silence, and Good Fridays. Put another way, the marital proclamations of, "It feels so good loving you!" mean nothing if they are not balanced with a "...but I love you when it doesn't feel so good, too."

This is the *true* spirit of fasting, of penance, and of mortification. Rather than the groveling of the pious before an angry God, it is the promise of uncomfortable love to a loving Creator who made Himself uncomfortable for us first. Rather than the self-flagellation of some cartoonish Pharisee, it is the softly whispered, "for poorer, in sickness, in bad" that makes the "for richer, in health, and in good times" *really mean something*.

After all, what is giving up chocolate for 40 days, denying oneself meat on a Friday, or saying five *Hail Marys* and an *Our Father*? Are these things any more or less uncomfortable than changing a diaper or unloading a dishwasher? Are they any more or less inconvenient than a compliment after a rough day, or a chore done with a smile? Of course not. And on their own, each of these small things mean nothing. But with great love, these small things mean *everything*. In this context, then, nothing could be *more necessary*.

This is why JP II himself wrote that, "penance means... the concrete daily effort of a person, supported by God's grace, to lose his or her own life for Christ, as the only means of gaining it". We voluntarily make ourselves a little uncomfortable for those we love, precisely to show them that we love them. One way or another, we give our lives for those we love, precisely to show them that they're worth living for.

God, I think you'll agree, is worth living for. He's absolutely worth loving. And as such – just like anything worth loving – He's worth a little penance.

<http://www.patheos.com/blogs/faithonthecouch/2016/02/think-fast-what-marriage-can-teach-us-about-lent-and-its-not-what-you-think/>





like the Boston marathon, in that we are all running on the same course. But neither our lives, or our marriages are run on the same course. Every marriage has it's own challenges and it's own course to run.

When preparing to run a particular race you have to train for the conditions of that course. For example, if you are running a course that has a lot of hills, then your training regiment needs to include preparing for hills. If you are running in the heat, than you need to prepare and train to run in heat. Every race has it's own challenges – and the Bible says to run your particular race with endurance.

To me, the encouragement to endure challenges without the know how of getting through them is, well, cruel. Endurance is so much more than just getting through it, but thriving in "it". Because of what Christ endured for us on the cross, we are reminded that when we go through challenges in life and marriage we too can endure them with joy.

**First**, endure with your eyes fixed on Jesus – the author (originator) and culmination of our faith. Because of what Christ did on the cross we now have the faith to endure....

**Second**, endure joyfully. Christ endured the shame of the cross joyfully. And because He endured the cross, He received a name that is highly exalted so that at the name of Jesus every knee must bow and tongue must confess that He is Lord (Read Philip-pians 2).

**Finally**, endure remembering that the whole purpose of Christ's exemplary life, the events that led to his death and His rising from the dead, so that we won't grow weary and lose heart.

So this Easter reflect on the cross and what Jesus did for you. In your marriage run the race with endurance. God started your marriage, be it at the altar or elsewhere when you both said "I Do". And He will see your marriage all the way through.

Thank God, that He ran His race for you. In what-ever your marriage faces, be encouraged that because Jesus rose on Easter Sunday morning you can, you can endure life's challenges with joy and endurance. Your marriage can thrive. Your children can make it. You and your spouse can master communication. You can endure this financial crisis.

Endure your race with your eyes fixed on Jesus, and as you joyfully endure – don't grow weary and lose heart.

**Faith in God.**

The resurrection of Jesus Christ from the dead secured our ability to have faith in Him. Without Christ's resurrection from the dead we would not be able to have the hope of faith through salvation and eternal life. It is a hope that is still at work, in that we are continually being saved from the ravages of sin and workings of life (present). And then ultimately our hope in Christ will be realized, when Christ comes back to judge the world and we will be saved from His wrath (future). I guess why the Hebrew writer asks, "How can we neglect so great a salvation?".

1 Corinthians 15:17 says: *and if Christ has not been raised, your faith is worthless; you are still in your sins.*

But this Easter morning, your faith is not worthless. Faith is the only thing that keeps us "sane" and stable. From the perspective of our marriages, faith is what keeps us from walking away or being resigned to attitudes, actions or behaviors that would serve our own interests, instead of what is best for the union that God has blessed and holds together.

As we maintain our faith that Jesus died for our sins, was buried, and rose all according to the Scriptures (cf. I Corinthians 15:3-4) on an individual basis, we also see the collective benefit to our marriage. That as we maintain this faith individually, we gain strength as husbands and wives for the sustaining power of our union – between husbands, wives and God.

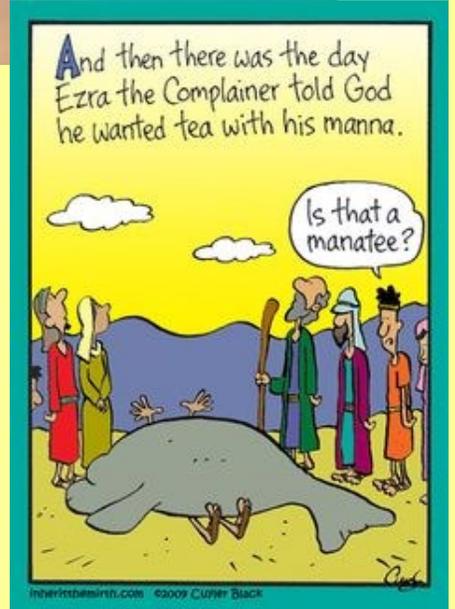
Today, as you head to church remember, He arose so that we could receive a faith we could exercise in all of life's challenges. He arose so that we could find freedom in Him (Galatians 5:1). He arose so that we could receive and live with the spiritual abundance of heaven. He arose so that we could have faith in what we do not see, but stand assured that as the Scriptures have reported He arose from the dead.

He arose! Be Blessed

Adapted from: <http://elevateyourmarriage.com/because-he-lives-5-ways-that-easter-strengthens-your-marriage-1-the-example-of-christ>

We are told to let our light shine, and if it does, we won't need to tell anybody it does. Lighthouses do not fire cannons to call attention to their lighting- they just shine.

~Dwight L Moody~





### The Spiritual Works of Mercy

The Spiritual Works of Mercy have long been a part of the Christian tradition, appearing in the works of theologians and spiritual writers throughout history. Just as Jesus attended to the spiritual well-being of those he ministered to, these Spiritual Works of Mercy guide us to "help our neighbor in their spiritual needs" (US Catholic Catechism for Adults- [USCCA](#)).



#### COUNSELING THE DOUBTFUL

Everyone has moments of doubt in their faith journey. Nevertheless, we should always remember that Christ is the Way, the Truth, and the Life and turn to him along our way.

Listen to counsel and receive instruction, that you may eventually become wise" ([Prov 19:20](#))

The Cross of Christ "the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength" ([1 Cor 1:25](#))

*Has someone asked you for advice? Orient your response to Christ, who is the Way, the Truth, and the Life*

*Follow Christ with the witness of your life so that others may see God's love revealed in your actions*

*Accompany a friend who is struggling with believing to join a parish group for service or faith formation, share a book you found useful in dealing with your friend's faith concern, and worship at Sunday Mass*

#### ADMONISHING THE SINNER

Do not judge, but be supportive in helping others find their way and correct their mistakes. Together we can learn to walk more closely with Christ.



*In humility we must strive to create a culture that does not accept sin, while realizing that we all fall at times*

*Don't judge, but guide others towards the path of salvation (see [Mt 7:1-2](#))*

*When you correct someone, don't be arrogant. We are all in need of God's loving correction.*

*We should journey together to a deeper understanding of our shared faith*

*"Remove the wooden beam from your eye first; then you will see clearly to remove the splinter from your brother's eye" ([Mt 7:5](#))*

#### INSTRUCTING THE IGNORANT

Learn about our faith and be open to talking with others about our beliefs. There is always something more to discover about our faith.



*Go on a service trip or short term mission trip. No time? Donate to support someone on their service trip*

*Volunteer to help with religious education programs at your parish*

*Invite someone to go to mass with you this weekend*

*Know your faith!*



#### FORGIVING INJURIES

Forgiving others is difficult at times because we do not have

God's limitless mercy and compassion. But Jesus teaches us that we should forgive as God forgives, relying on him to help us show others the mercy of God

*Let go of grudges*

*Saying sorry is something we learn as kids, but how often do we really mean it? Forgiveness transforms hearts and lives*

*Participate in the [Sacrament of Penance](#)  
Pray the [Divine Mercy Chaplet](#)*

#### PRAYING FOR THE LIVING AND THE DEAD

Prayer is one of the most powerful ways we can support others. Joining together in prayer for the living and the dead entrusts us all into God's care.

*Request a mass intention for a friend or family member who is going through a tough time*

*Request a mass intention for a friend or family member who has passed away*

*Keep your own book of prayer intentions, writing down the names of those who you are keeping in your prayers*

*Ask a friend or family member if there is anything you can pray for them about  
Through prayer, entrust your cares and concerns for those around you to God*



#### COMFORTING THE SORROWFUL

Be open to listening and comforting those who are dealing with grief. Even if we aren't sure of the right words to say, our presence can make a big difference.

*Lend a listening ear to those going through a tough time*

*Make a home cooked meal for a friend who is facing a difficult time*

*Write a letter or send a card to someone who is suffering*

*A few moments of your day may make a lifetime of difference to someone who is going through a difficult time*



#### BEARING WRONGS PATIENTLY

Do not be bitter about wrongs done against you. Place your hope in God so that you can endure the troubles of this world and face them with a compassionate spirit.

*Frustrated with someone? Step away from the situation, take a few deep breaths, pray the Our Father, asking God for patience*



From: <http://www.usccb.org/beliefs-and-teachings/how-we-teach/new-evangelization/jubilee-of-mercy/the-spiritual-works-of-mercy.cfm>

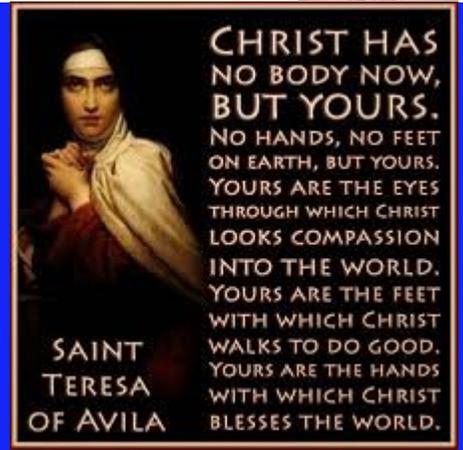


# Maintaining Marital Fidelity

By David Sanford

Nobody wakes up one day and suddenly decides to begin an extramarital affair. Infidelity begins in the heart and mind. By the time a person physically commits adultery, he or she has been indulging for quite some time in progressively more intense mental and emotional affairs.

Likewise, marital fidelity begins long before marriage. It begins as a promise we make to ourselves to be a person of faithful character, before marriage ever enters the picture. It is a promise we make to our future spouse when we get engaged, and it is a vow we make to our spouse when we get married. Marital fidelity is a daily commitment to seek the best for your spouse and family.



## Strengthening Marital Fidelity

Marital fidelity is strengthened when you affirm your spouse, listen to your spouse, and seek to meet his or her needs. It also strengthened when you set healthy boundaries for your media consumption, and for your relationships outside of the home.

## Weakening Marital Fidelity

Marital fidelity is weakened when you devalue your spouse, minimize the time you have with your spouse, and focus on meeting your own needs. It's also weakened when you fantasize about someone other than your spouse (and God) meeting your deepest needs and desires.

- Pornography is one of the worst affairs of the mind. It can destroy years of marital fidelity within hours.
- Left unchecked, workplace friendships between men and women can easily evolve into emotional affairs.

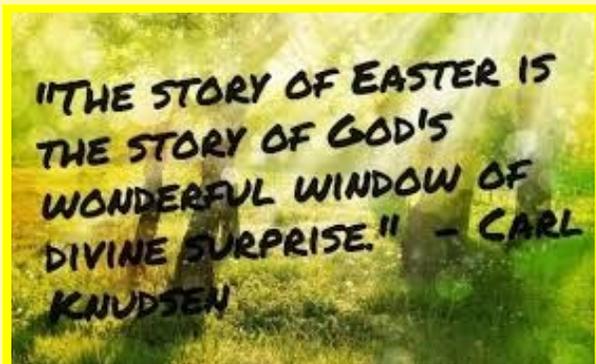
## The Rewards of Marital Fidelity

Marital fidelity produces lifelong rewards. In contrast, infidelity can cause years of untold anguish. "Silently and imperceptibly, as we work or sleep, we grow strong or we grow weak; and at last some crisis shows us what we have become" (B. F. Westcott). This is true in every area of life, including marital fidelity.

From: <http://www.focusonthefamily.com/marriage/divorce-and-infidelity/affairs-and-adultery/maintaining-marital-fidelity>

Have I not *commanded* you? Be *strong* and *courageous*. Do not be terrified; do not be *discouraged*, for the *Lord* your *God* will be with you go.

- JOSH 1:9



I lied on my Weight Watchers list. I put down that I had 3 eggs... but they were Cadbury chocolate eggs.

~Caroline Rhea ~



# 10

## ways of showing complete fidelity in marriage

Fidelity in marriage demands 100 percent commitment and prioritizing your spouse above all else. Will that take effort? Work? Sacrifice? Yes, yes, and yes! But, the reward is far sweeter than any price you may feel you have to pay. Loyalty and fidelity are vital to a happy, healthy, safe and lasting marriage. Loyalty is the foundation of true love. When you show your loyalty through these 10 ways, your spouse will feel safe and secure with you and with your marriage.

### 1. Loyal spouses are respectful of each other — in private and in person

Loyal spouses listen carefully and attentively to each other. They don't let their loyalty lie with the TV, their phone, or with their computer. Loyal spouses always speak highly of each other, especially when their spouses aren't around. You know the all-too-easy temptation to poke fun at something silly your wife did during your golf trip — don't do it. And ladies, don't husband-bash in the break room at work. You know better.

### 2. Loyal spouses use the Internet and social media in positive and uplifting ways

They keep their interactions with members of the opposite sex appropriate and distanced. They keep their eyes, hands and hearts to themselves. They avoid tempting situations. They focus instead on using the Internet and social media in positive ways. They avoid pornography and other inappropriate images, chatrooms and websites that would cause them to be unfaithful to their spouse in their heart or mind.

### 3. Loyal spouses stand up for each other

Loyal spouses stand up for each other in all situations. Is someone poking fun at your wife or making a cutting remark over dinner? Don't laugh. Instead, politely ask them

to knock it off and then share something you love about your wife. For example, "You don't know what you are talking about. You must not know Sarah. She is the most light-hearted, genuine and remarkable woman around."

### 4. Loyal spouses keep private things private

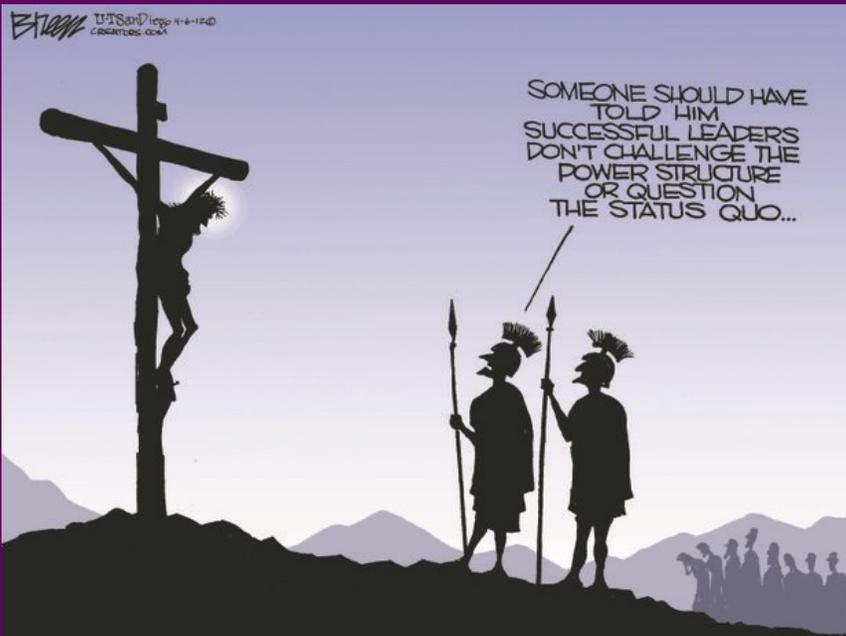
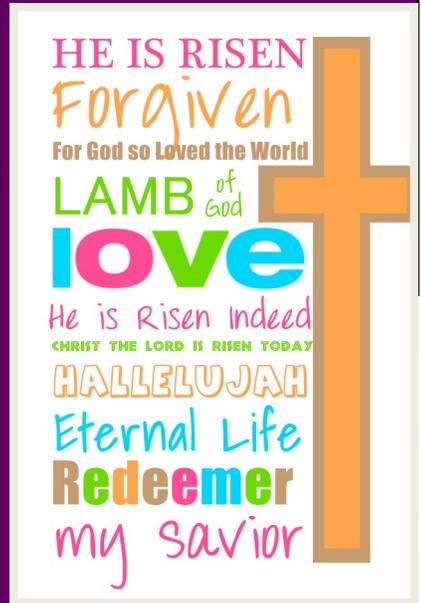
Loyal spouses keep certain things just between the two of them. Ladies, this means you need to keep your distance with your mom. Don't push her away, just keep a healthy distance. Mom doesn't need to know every detail about your intimate life, your financial situation, or your little disagreement last night. Mom is no longer your go-to person. Your husband is. Loyal spouses are also careful not to turn to co-workers, friends or online connections to discuss private issues between you and your spouse. Sure, at times it may be necessary to confide in a professional counselor, but that probably wouldn't include your cube-mate.

### 5. Loyal spouses keep their interactions with members of the opposite sex professional and appropriate.

They act as if their spouse was right there with them. Loyal spouses keep a healthy distance between themselves and members of the opposite sex. They don't flirt, touch or tease members of the opposite sex. Ladies, this means you don't tell your male co-worker every last detail about everything in your life. You don't have nicknames for each other and share inside jokes. Men, that means you don't gently touch your female co-worker's shoulder when you come up from behind to ask her a question. You remain professional, friendly, loyal and kind.

### 6. Loyal spouses make decisions together as husband and wife (regardless of what their parents, neighbors, friends and co-workers think.)

They don't do things because his mom told them that's the way to do it. They talk through issues and important decisions together and decide what is best for their individual family. They also don't make important decisions on their own, without consulting each other. Which leads us to #7...



(Continued on page 9)



### 7. Loyal spouses are an open book with each other

They don't keep secrets from each other. They are open and honest with each other in both little and big things. They work to know each other in a deeply intimate way. They share the details of their day and aren't afraid to answer hard questions. They can rely on each other and have built strong bands of trust because they keep the promises they make.

### 8. Loyal spouses turn to each other first

When a significant event takes place, or when a specific challenge arises, loyal spouses reach out to each other first. Before telling their friends, parents or social media. They stay in contact throughout the day, and happily reunite at the end of the day. They share the happy, sad, good, bad, ugly, beautiful and wonderful with each other — FIRST. And then with others.

### 9. Loyal spouses prioritize their spouse above all else

Loyal spouses give their time, energy and talents to serving their spouse. They put each other first — above work, above hobbies, above crafting, above golfing, above cleaning the house, above friends, above extended family, above babies. Loyal spouses don't let children take priority over their spouse. That certainly doesn't mean they don't give needed and undivided attention to their children. It simply means they remember, at all times, that one of the greatest sources of comfort and security a child can have is knowing their parents love each other.

### 10. Loyal spouses give high priority to the nurturing of their marriage

Loyal spouses are each other's best friend. They cultivate romance, love and intimacy on a regular basis. They remember each other's birthday and anniversary. They encourage and stand by each other during stressful and challenging times. Loyal spouses give their best selves to their spouse rather than leaving them with the leftovers. They strive to be better for each other each and every day and love sincerely and deeply

<http://familyshare.com/marriage/10-ways-of-showing-complete-fidelity-in-marriage>



A man who was completely innocent offered his life as a sacrifice for the good of others, including his enemies, and became the ransom of the world. It was a perfect act.  
~Mahatma Ghandi~