

February 10. Secrecy is an enemy of intimacy. Trust is the foundation of marriage and trust requires honesty and transparency. When God created the first married couple, they were naked and that nakedness isn't just a picture of physical intimacy; it's a picture of total transparency in all aspects of the marriage. Nakedness vividly conveys the message, "I have nothing to hide from you." If you desire total trust and transparency in all aspects of your relationship, confess your secrets and get vulnerable and "naked" in all aspects of your marriage. *Reflection: In what ways am I not being completely honest, transparent, vulnerable and "naked" with my spouse?* **Adam and his wife were both naked, and they felt no shame. Genesis 2:25.**

February 11. Never stop flirting with your spouse and never start flirting with anyone else! Flirtation is an act meant to bring a romantic connection between two people. Within marriage, there are daily opportunities to make these connections through touching, talking and a myriad of other ways. There are also opportunities throughout the day to create these moments with people other than your spouse. Be very careful to keep your flirtation focused on your spouse alone and to always remain captivated by his/her love. *Reflection: Do my words to my spouse clearly communicate that I love him/her now more than ever?* **You have stolen my heart, my sister, my bride; you have stolen my heart with one glance of your eyes, with one jewel of your necklace. Song of Songs 4:9.**

February 12. A strong marriage requires two people who choose to love each other even on days when they struggle to like each other! Many modern love stories would have us naively believe that love is little more than a fickle feeling that comes and goes. The truth is that love isn't a feeling; it's an action-oriented commitment. It's a choice to give your best to someone even when they are at their worst. It means serving someone even when they are in no position to repay. It means giving more grace than we feel like giving. That's what Christ did for us and what He calls us to do for each other. *Reflection: Am I showing my spouse "love" by God's definition of love or by the world's definition?* **Do everything in love. 1 Corinthians 16:14.**

February 13. Pride is the soil where all other sin takes root. Pride, on the surface, seems like a "harmless" sin. In fact, we often don't even think of it as a sin, but it is dangerous indeed. Pride is the primary cause of divorce. Pride is the whisper in our ear that seduces us into believing that our way is always the best way and being "right" is more important than being loving. Pride is the enemy of love. Choose humility instead. Humility doesn't mean you lack confidence or courage; it simply means you're led by love instead of selfishness. *Reflection: Would my spouse consider me to be filled with pride or filled with humility?* **Pride goes before destruction, a haughty spirit before a fall. Proverbs 16:18**

February 14. Storms are inevitable, but destruction is optional. The right foundation makes all the difference. The strongest homes and the strongest marriages all have one thing in common: A strong foundation. Storms will come in your marriage. Circumstances that are out of your control will rock you and threaten to destroy you, but if you have the right foundation, you will weather any storm. Every marriage needs a foundation of faith in God, commitment to one another and resolve to face every obstacle hand-in-hand and side-by-side. *Reflection: What is the foundation of our marriage?* **Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. Matthew 7:24**

February 15. Your marriage won't be defined by the size of your struggles but by the size of your commitment to overcome the struggles together. Couples who make it work "til death do us part" aren't the ones who never had a reason to get divorced. They're simply the ones whose love and perseverance was always stronger than their reasons for quitting. Those two ingredients (love and perseverance) might be the two most powerful forces in a marriage. If you remain steadfast in your love for each other and unshakeable in your commitment to each other, your marriage will never fail! *Reflection: Are both love and perseverance at the heart of our marriage?* **May the Lord direct your hearts into God's love and Christ's perseverance. 2 Thessalonians 3:5.**

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