

# Fearless Marriage

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Marriage takes work, but it's worth it! Don't fear your spouse and don't fear conflict. One of my favorite go-to verses is: *"For God has not given us a spirit of fear, but of power, love and self-discipline."* God will show you a way through the difficult times when you do things His way and trust Him completely. Here are 10 steps to change your Fear into Faith:

- 1. Your worth comes from Jesus.** Your spouse can't be the one to define you or fulfill you. You have to believe that Jesus loves you and has a perfect plan for your life and marriage.
- 2. Jesus must be your rock.** Trust God alone. Your spouse will always fall short. But if you build your faith on the firm foundation of Jesus, you may stumble but you will not break.
- 3. See your spouse from God's perspective.** God will help you have compassion; replacing anger, indifference or disgust for your spouse.
- 4. Work on yourself.** There is always plenty to do! Ask yourself if you would want to be married to you? It's a tough question – but it can help you honestly evaluate your own sins.
- 5. Pray earnestly.** If you haven't taken this crucial step, you have no right to keep complaining! A great book is *"The Power of a Praying Wife"* by Stormie O'Martian.
- 6. Don't build walls.** It's hard to be vulnerable when you've been hurt. But true intimacy will never be possible if you've built walls around your heart.
- 7. Don't act spiritually superior.** We all fall short of God's glory. God calls you to respect your husband whether he deserves it or not. Check out [loveandrespect.com](http://loveandrespect.com) – it's so helpful!
- 8. Forgive.** It's not easy – especially when you feel he doesn't "deserve" it. But did we deserve to be forgiven by God? Read Matthew 18, the parable of the unmerciful servant.
- 9. Don't withhold sex.** Ignoring this aspect of marriage makes you both vulnerable to temptation. Try the book *"Passion Pursuit: what kind of love are you making?"* by Dr. Juli Slattery.
- 10. Be open about your struggles.** Share with someone you trust who may have struggled in their marriage. It helps to know you're not alone!

Bottom line, get into God's Word and really apply it to your life. That is when you will see real change occur! It's never too late to move forward in God's power.

## RESOURCES

The Bible is the most important and life-changing resource you can go to. I have studied the Bible in-depth through Precept Bible studies and Beth Moore studies. Books I recommend: *The Excellent Wife*, *The Power of a Praying Wife*, *Love and Respect*, *Healed and Set Free* and *Keeping Your Focus When Your Dreams Are Shattered* (Genesis Part 5 - [www.precept.org](http://www.precept.org))

## CONTACT INFO

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