



## *Thinking of your marriage as a dance*

Dancing is most enjoyable and beautiful when both dance and are hearing the same music and are in step with one another. When the dancers are hearing different music and don't know the steps, it becomes awkward and painful. The dancers step on each others' toes as they stumble along.

You can't make your spouse a better dancer, but **you** can become a better dancer. Even if only one partner improves, the dance improves. Your toes are safer, you stumble less, and you may even enjoy the dance more even though your spouse is never quite in rhythm with you.

On the other hand, your spouse may begin to notice that you're becoming a better dancer and want to improve as well. When you are living for more than just marital happiness, you have staying power. Rather than looking for a gimmick, you're willing to embark on a journey that lasts a lifetime... but is lived one day at a time.



## Why is it a dance?

This text was taken from the book “Marriage Matters, Extraordinary Change through Ordinary Moments” by Winston Smith (New Growth Press, 2010).



Winston Smith describes marriage as a dance because marriage partners need to be ‘*in step*’ with one another.

## Staying on the Path:

The one thing I learned in the midst of a very difficult marriage is that as much as I wanted to change my husband, and thought that I could, there was no hope of change if he did not want to, and he really did not want to!!!

So if you can’t change your partner then that just leaves you! Are you willing to change, even when your partner continues to behave in the way they have always behaved?

Winston Smith writes: “*sometimes [ordinary moments] explode into angry tirades, shouting matches, or worse. But as ordinary as these moments may seem, they have the potential to radically change your marriage.*”

## So what?

- ✚ Analyse the arguments you have with your spouse over & over again!
- ✚ How do you respond to criticism? How does your spouse respond to criticism?
- ✚ Do you think you could respond in a new way and put an end to these ‘everyday’ arguments that go nowhere?
- ✚ The book of Proverbs says: “*a gentle answer deflects anger, but harsh words make tempers flare*” (Prov. 15:1)
- ✚ Jesus came to bring a new way of hope. He said that what comes out of our mouths reflects what’s in our hearts. He also said that we should love God with our heart, mind, soul and strength – and after that love others. If you’re not trusting Jesus as Lord & Saviour you can never get even close to loving the way that he did (i.e. *enough to put aside your own desires for the benefit of others*), and that is when change **really** starts to happen – although that too will be a journey that lasts a lifetime!

Need somebody to talk to about your marriage? Please contact the TCC Interventions Team, and ask to speak to Jaki or Yolanda – (021) 007 1960.