



© S. Johnson 2020

All rights are reserved. No reproduction of this book is allowed, whether mechanical, photocopy, audio recording or any other means without the written permission of the writer. First print 2015, Revised 2020.

## **CONTACT THE WRITER AT:**

HandmadeSoaps4Hope

P.O. Box 193

Wickliffe, OH 44092

## **Download FREELY**

**The Champions Book Collection at:**

**[www.HandmadeSoaps4Hope.Org](http://www.HandmadeSoaps4Hope.Org)**

*"America's Cheerful Charity"*

## **Chapters:**

### **CHAPTER ONE - 4**

Recover Physical Attraction

### **CHAPTER TWO - 21**

Recover Spiritual Attraction

### **CHAPTER THREE - 25**

The Nagging Spouse

### **CHAPTER FOUR - 26**

THE Moody Spouse

### **CHAPTER FIVE - 32**

Recover Intellectual Attraction

### **CHAPTER SIX - 39**

Have You Cheated On Your Spouse?

### **CHAPTER SEVEN - 44**

The Blame Game

### **CHAPTER EIGHT - 48**

No Fear

### **CHAPTER NINE - 55**

The Emotional Trick That Never Works

## Physical Attraction

Many people are no longer attracted to their spouse for many reasons. Some of their reasons can be remedied with honesty and encouragement of the spouse that has fallen 'out of love.' When the other partner has become distant and uninterested in growing spiritually, intellectually and for some, physically maintaining their outward appearance, that marriage relationship is bound to fail miserably.

I have personally met men and women who are ashamed to tell anyone their spouse will not bathe, keep their teeth brushed or maintain basic hygiene tasks, not to mention they have become grossly overweight, refusing to keep their nails clean and trimmed, or moderately wear some nice smelling cologne or perfume to encourage attraction by their mate. What is very interesting to note is they did all these things in the beginning to attract their mate. But now, they simply do not care.

When this disposition is not addressed it leaves the other mate vulnerable to abhor their mate and the trap is set for them to sin against God by seeking what they are longing to renew with their mate, who has obviously forgotten their vow to God: that they would care for their mate for better or for worse. Now, let's dig in here and find some help! This might be the worst time for your marriage, but brighter days are ahead if you are ready to do some work to recover your attraction for your marriage partner.

Attraction is vital to vitality and purpose. Something has to have an attraction for you to give heed to it. It is human nature to be drawn to what we like, what we agree with and what we think we need.

The word attraction means to pull, draw, appeal, desire. This is a very important aspect of your marriage covenant that has been taken before God. There are three aspects of attraction, physical, spiritual and intellectual. Let's start with physical attraction first,

because it can weigh very heavily on the psyche of the spouse that is being disregarded by their neglectful spouse causing emotional and spiritual distress. If you married your mate because of their 'physical prowess' and appearance, it will most certainly not sustain you very long. Many people do in fact marry their mate because they are great 'eye candy.' But can you imagine after marriage that 'eye candy' mate no longer taking care of his or her self?

There is nothing worse than an unkept person that carries body odors, especially if you are among the 78% of Americans that confess to be followers of Jesus Christ. America is the third largest Christian nation in the world. Disregarding maintenance of your body is a very poor witness of your confession that you have a relationship with God. It is poor stewardship. It tells God that you simply do not care about your gift of life or regard your spouse' best interest.

When a married person loses respect and honor for the person they sleep with, eat with

and simply dwell in the same house with, day in and day out, it is the ultimate manifestation of a very selfish and ungrateful person. Some people simply need to be 'woken up" from their sleepwalking through life. They were never taught basic hygiene by their parents. They oftentimes do not see the error of their unkept ways. It is normal for them to be undisturbed by outward dirt, disorganization and sometimes even bad odors. They are simply immune to it. It's as if a 'curse' of uncleanness runs through their family. Everybody is dirty! Everyone is unkept and unclean in their appearance. No one brushes their teeth, keeps their nails clean and neatly trimmed. No one keeps their hair neat and cut, and daily bathing is out of the question. Do you know people like this? I do, and it is very disturbing to say the least.

Whether a person chooses to wear a certain style of clothing has nothing to do with simply being clean and neat. What will often happen is: friends and acquaintances around them will ignore their lack of care and tolerate it, feeling ashamed to tell the person.

Because of this, many may lose great opportunities for advancement in their workplace and their marriage partner simply does not want to be bothered, they have lost all attraction towards them. And let me tell you My Friend, this is a very common situation in many marriages. Many married people privately live like roommates. They do not have sex or non-sexual touching of one another. They are simply drifting through life as if this is normal. This is NOT normal...at all!

When physical attraction is abated by any person in the relationship, your spiritual and intellectual attraction will also be impeded. You will not respect that person's confession of Jesus Christ in their lives and you will despise their intellectual competency, why? Because the Scriptures teach us, "For man looks on the outward appearance, but the Lord looks on the heart." 1Samuel 16:7. Simply put, people judge by what they see. What a person 'sees' with his or her eyes does cause them to form an unspoken opinion about you. It will affect how people treat you and certainly how they feel about you. With this said, My Friend, do



not feel guilty for feeling negatively about your spouse, if they have given up on regarding the value you have in their lives, but, do know this, this is your life partner. They need your honesty and compassion to come out of this season of uncleanness.

I recall a woman at a church I used to attend many years ago who experienced this very embarrassing situation with her husband. They were a very delightful couple from a glance. They came to church faithfully. You would have never guessed their marriage was in a crisis. But it was indeed, as she shared out of desperation with me, that she was considering divorcing her husband and asked if she could call and talk to me about what she was planning to do.

Later that evening as we talked extensively about her concerns, it turned out to be very difficult for her to talk about. She was very embarrassed to say the least, and rightfully so. She was fed up. Her husband would not bathe, brush his teeth, shampoo his hair on a regular basis. She was completely turned off

by him and wanted nothing to do with him sexually, but he did. This couple had been to marriage counseling, but the issue of his lack of hygiene was not addressed because she did not want to embarrass him.

This was the first time I ever encountered anyone wanting to leave their spouse because they were dirty and unkept, but I felt her pain and I also felt compassion for the husband. He was a very kind-hearted spirit, but when it came to hygiene, no one was home, if you know what I mean. It was obvious that he was not taught these basic rules of engaging socially when it came to taking care of your body.

What I found to be very useful advice to the wife was to first, focus on the good things about him to assist her in resisting her thoughts to divorce him and break her vow to God. It would be very difficult considering the fact she had to look at him, smell him and sleep in the same bed with him in spite of these issues that shrouded her entire mind in thoughts of divorce.

I am not sure why many people seem to think that their natural body odor smells good! I understand wanting to resist chemicals on the body and in the home, but come on folks, let's be reasonable and consider, God has provided through nature some absolutely amazing fragrances that can be used on the body and in the home. If you see flakes falling from your body, you need to shower or bathe. It is an indicator that your skin needs to be cleansed and moisturized. If you are married, you should always be concerned about your mate. Always! Why? They deserve your best effort in this area. And more importantly than that, God deserves your best stewardship. To go days without tending to your body is just plain ol' nasty and lazy!

This precious couple was able to bring this painful matter out in an intervention session. Though it was embarrassing for them both, they made it! She had to confront her husband. She loved him, despite her physical attraction being destroyed by him. He was a good man; he did not understand how his 'personal' tendency before they were

married would no longer be acceptable for his wife, who now 'shared' with his lack of care for his body and appearance. They were newlyweds, they had only been married a year or so.

It is vitally important for any married person to understand if your marriage is in trouble, you are in a partnership. You are sharing your life with another human being. Do not make it grievous for them in basic matters such as bathing and keeping yourself clean, presentable and attractive for them. These things should be the least of your worries. The very least!

This problem is also pervasive with men who complain the same about their wives, who, in addition to their poor physical hygiene, refuse to clean the house, wash clothes or cook fresh meals. My Friend, I have met many men on my journey who wanted to divorce their wives for these reasons. The wives tempt them, without knowledge most of the time, to spiritually and intellectually despise them. And let me tell you, when it gets this bad, you have some

serious 'digging' to do to get out of this ditch! But, it can be done!

Okay, now if you are a wife reading this book, let me just stop you right here and tell you, Girl! You need to keep your house clean! Oh' yes honey bunny! There is nothing worse to see than a nasty house and a nasty woman! Do not allow this to be said of you! It is our 'girl power' to maintain a beautiful and clean atmosphere for ourselves and for anyone else that comes in contact with us. It honors God to do so; it speaks volumes of who you are on the inside. Let's pull it together ladies.... let's pull it together right now!!!

There is never a good excuse for lack of maintaining your environment. Your house is where you live, where you live is where you spend most of your time. If you work a full-time job and you are making a decent salary, you can hire a maid to come in every two weeks to keep things together for you and your hubby and children. If you have several children, you can begin training them to move away from computer games and pick up a

broom! Even if they are small children, they love to play games, tell them, "Come on, we're going to play the mop, sweep and fold clothes game! Whoever does the most, the quickest, will get a fruit salad! Yes! I said fruit salad! This is an opportunity for you to teach the very valuable disciplines for life, be clean and eat healthy! Wooohoooo! This makes for an enjoyable life of beauty.

Ladies, if your husband works and you are at home with your children, you do not have an excuse. No! You do not! Remember, I just gave you a strategy to help you with the kids. Give them something to do and reward them with excitement and healthy goodies. They will begin to 'bug' you when is the next time they can play clean up again, I guarantee you. But, what is most important in this time of bonding and constructive work with the children, your husband! Your hubby deserves to come home to a neat and clean environment.

There are some ladies who refuse to keep their homes clean and attempt to punish the

husband for not spending time with them. They want him to do the chores....LOL!!! *Girlie!* This is not how you get what you want; you are only adding fuel to the fire, in fact, you are likely to find yourself dealing with more than you want to bargain for.

Be willing to pull yourself together for the vow you made with God. He is honored when you maintain your 'girl power' and keep things in order and smelling good! Now what is wrong with a little air freshener, scented candles and fresh flowers to add a nice touch to your environment? When's the last time you washed your dish rack and shower curtain? These are the places most people ignore for years! The dirt and grime just piles up and one day your husband's eyes open up and they are completely disgusted, and you cannot figure out what is wrong with him, in his mind, he is thinking it's your fault because you are nasty. It might not be fair, but it is true, when it comes to maintaining your living space, it is the woman's responsibility by default whether we want to own it or not. God gave Eve to Adam to help him as **his** 'Help meet.' *Genesis*

*2:18 King James Version (KJV) "And the Lord God said, It is not good that the man should be alone; I will make him an help meet for him."*

Marriage was God's idea. The woman was given to help Adam meet his needs. That's right Sweet Sisters!

Women are more delicate and feminine; this is why it behooves us to consider our environment at all times when we are married. We are keepers. The men are hunters and providers by default. But let's keep all things clear, we are the managers or, keepers if you will, of what the men hunt and conquer. When we are stubborn and refuse to yield to our femininity when we are married, disaster is bound to happen.

I recall another woman I met on my journey. She cut all of her hair off, down to a very short one-inch afro, without seeking her husband's thoughts about it. She became obsessed with being 'natural' in her appearance. But here was the problem her husband began to have with her new look: she did not meet her



husband with her newfound 'natural' hairstyle. When her husband met her, she was wearing her hair shoulder length, relaxed and straight, not an afro. This is what her husband found to be outwardly attractive about her. Now, some would say, what difference does it make, it's just hair and he should love her no matter what, but in 'real time' for many, it does not oftentimes work like that. She went to the bi-polar opposite in her appearance from the woman he met and 'fell in love' with. Physical attraction mattered to him.

It is selfish to force your spouse to endure drastic changes without their being some sort of communication and compromise.

Many months would pass before this woman began to complain her husband did not want to have sex with her. Their sex life was a big fat 0! He did not want to spend time with her. It was a very difficult situation to observe, because the husband was "crystal clear" about his loss of attraction for his wife, because of this new look that he regarded as 'masculine' and 'homely.' She no longer wore

make up or perfume. She became obsessed with just being plain and 'natural' refusing to accommodate his reasonable request for her to let go of her 'natural' look and spruce herself back up *just a little bit*. He was totally turned off by her look and by the time we all sat down, he was turned off by her obstinance and unwillingness to hear what he was saying to her. Eventually, this man not only cheated on his wife, he got another woman pregnant!

Ladies, if you are wise, you will 'listen' to your husband when he is talking to you about what he likes about YOU! Never take your hubby for granted in your appearance because them gals on his job are likely sprucing it up daily to seduce him while you send him to work 'thirsty' for attraction and good sex he used to enjoy with you before you started looking a 'hotty mess' and turned his attraction totally off! Ladies, think!!! Those ol' Jezebels at the water cooler at work don't mind sharing their water with your 'thirsty' husband!! If you know what I mean??? Many women are desperate and have absolutely no regard for marriage vows whatsoever. CEASE putting your hubby in the

way of the female VULTURES!!!!!!!!!!!! This goes for men too! Don't send your wife for life to work for 8 hours with Slicky Ricky!!!! He is smelling good, looking good, his body is all cut with abs popping out everywhere, and you keep acting like you don't care??? Come on Ladies!!! Make it REAL HARD for the female vultures!!!

Keep your home smelling good and remember why God gave Eve to Adam. To help him! Be willing to take the 'high road' in these matters. Swallow your pride and cover your husband with love and honor. This can be very difficult for some women who have been wounded emotionally by their husbands, in fact, this is why some married people create extreme behaviors to harm their spouse to secure some control in the relationship. Being defiant and unreasonable will destroy your relationship. Before you know, you are both attempting to gain control over one another.

When this begins to happen in a marriage, someone will have to humble down or that

marriage is bound for failure because of the number one killer of all relationships: pride! Pride is selfishness. Marriage does not work for selfish people. There can be no excuses once you identify with your own selfish disposition, and the role you have played in the demise of your marriage. Physical attraction should not matter when you really love that person's soul, but it should never be ignored when you are sharing your life with another human being. A grateful heart strives to be your very best daily because: God gave you an opportunity to steward a lifetime partner. When you didn't have anyone in your life, all you did was whine and complain. Now you have someone in your life.... and this is how you are going to behave???

Familiarity breeds contempt. It is ungratefulness that fuels contempt. When a person loses an 'attitude of gratitude' for their spouse or any other person or facet of their life, they will become partakers of a life of misery. It is inevitable.

## Recover Spiritual Attraction

Unlike physical attraction, that can be at-a-glance. Spiritual attraction is the unseen part that manifests itself in how your spouse treats themselves, you and others.

There is nothing worse than a handsome or beautiful person with a dreadful spirit. They are so good looking on the outside, but ugly on the inside. These people are hard to get along with to say the least. We all know people like this. It is even worse when this person has become *your* spouse.

For some people they knew their spouse had a bad attitude when they married them because of their physical attractiveness. They married for 'lust' not 'love.' Now you are at a crossroads spiritually and you do not even want that person to touch you with his or her 'fine self.' They maintain their outward appearance very well; they are very meticulous about their outward appearance and surroundings. You will never catch one

hair out of place, you smell a beautiful scent when they come, and when they go. They wear the best designer clothes and insist on driving in the best that their money can buy. They are extremely materialist. Everything is superficial and over the top, but, they will cuss at you, physically abuse you and ignore you when they do not get what they want. They are tyrants! They will play mind games with their spouse to make them jealous of them in front of the opposite sex, these people are oftentimes 'confessing Christians' carrying on like this. They are regular churchgoers carrying on like this, not speaking to one another for days and weeks at a time.

Here lies the undercurrent of this type of spiritually immature spouse: pride! They are spiritually retarded. Make no mistake about it; they do not have a 'humble' cell in their body. Their beauty and material things have seduced them to feeling pseudo power over their spouse. These types love to play the 'silent treatment' to threaten their spouse and invoke fear that someone else would love to have them, because they are 'so

fine.' But remember, they ARE retarded. To be retarded is to be slow, delayed, impeded, held back. They are miserable people that God resists because of their pride. *"God resists the proud, but gives grace to the humble."* James 4:6-7. Any person you are married to with this type of behavior is weak. They need you!

Now follow me very closely. There can be hope for this spouse if their mate is strong enough to admit they married them for the wrong reasons in the first place. If they are willing to fight for their marriage, real love can conquer that shallow spouse, who is no doubt very spiritually insecure. They do not know who they are, nor do they have value for themselves, this is why they devalue their spouse. Thus, it stands to reason that the spouse that is the recipient of this behavior, needs to know they ARE valuable to God and they can stand firm in who they are and challenge their spouse to grow spiritually instead of materially and physically.

Spiritual attraction comes from within. When it has died, consider the facts, your spouse cannot give what they do not possess. You must be strong for them and lean on God daily to give you His grace to endure. Never stop believing that something good can happen with your spouse, *just like that!!!* I know it's not easy, but you can do it!!! Change your mind, change your life. Change your mind, change your marriage...how? Take it one-day-at-a-time. CEASE attempting to change your spouse. Daily remind yourself of your 'vow' to love your spouse regardless of their bad disposition. Pull up your 'big girl' or 'big boy' pants and hold it down for them 'in love.' Earnestly seek God daily to help you love them unconditionally. Be strong and hold on!

## **Nagging Spouse**

No doubt about it, a nagging spouse can destroy your spiritual attraction. Men can be nags too! In fact, most men are always complaining about how much more sex they



want from their wives, but, they forget the wife has been nagging for months about him not telling her she looks nice. She repeatedly asks him to acknowledge her good housekeeping and care for the children. Or even a 'thank you' for all the grocery shopping she does constantly to keep the home in order. We won't even talk about the last time he may have purchased her a special gift other than on her birthday or the traditional holidays. But! He is constantly crying for more sex, sex, sex!! Driving the wife crazy.

Men, remember, a happy wife, makes a happy life (sex life that is) for you. You cannot expect constant celebration (sex) when you lack affirmation. How can you justify losing your physical attraction to your wife if that is the case, and you cannot remember the last time you told her you appreciated her and she was your 'girlie, girl'? When was the last time you loved with your words? I'm talking about speaking to her mind adoration and thanksgiving for putting up with you. While you keep nagging for more **s e x**, check the last time you surprised her with quality time away

from your cell phone, computer and male buddies, OR gave her your undivided attention for one whole day! Just you and her! Come on now! When was the last time?

The men are usually the ones always complaining about nagging, step it up in her emotional sphere, I can guarantee you, you are going to see a complete turnaround if you do!

## **The Moody Spouse**

Now we cannot forget the 'moody Rudy' spouse! You do not know from moment to moment what to expect from them. They are emotionally unstable constantly. One moment they love you, the next they are completely ignoring you. This makes for a very strained relationship to say the least. Some purposely use crying spells to afflict their spouse. They manifest 'crying' and verbal assaults on their spouse blaming them for their misery. It is over the top, disruptive, and no doubt emotionally draining.

Ladies, let us understand, emotionalism 90% of the time is not going to move your husband. By default, real men are not emotional in that way. It will likely push him away from you if he is already as frustrated as you are. This is a very dangerous game. It should be avoided at all times. If you are really feeling overly emotional, go to God in prayer and cast all of your cares upon him, but when you see your husband, pull it together to effectively communicate what you need from him. If not, you will continue to cause bitterness, strife and anger between the both of you.

Anger is the fuel of mood swings. Mood swings are uncontrollable thoughts that provoke behaviors that are usually out of the control of the person manifesting them. When a person constantly hides and suppress what their true thoughts are, time and time, again: They will become bitter when they cannot have their way and when they do finally 'decide' to voice their thoughts, it is one big EXPLOSION!!! They are bringing up stuff their mate has no clue what they are talking about because it happened 10 months ago!!!! Now, they are

looking crazy and the spouse they just released on is thinking, “my spouse is crazy!!!!!!”

My Friend, this is why marriage MUST be seriously pondered before taking vows before God, why?? Because you cannot change another human being. You must be willing to love them through their immaturity. Make no mistake about it: if you are afraid to express yourself to your marriage partner, you are immature spiritually and emotionally. And, you lack understanding. God is the Creator of all humanity and his Holy Scriptures clearly teach us not to let the sun go down on your wrath, Ephesians 4:6. It will devour you if you carry hurt day-in and day-out. You will become bitter and full of hatred.

When bitterness enters the heart, it's like carrying luggage around on a trip to nowhere fast! You will grieve the Holy Spirit with this type of behavior attempting to punish your spouse for their behavior. But, now it's your behavior that is harming your relationship with God.

*“And grieve not the Holy Spirit of God, whereby you are sealed unto the day of*

*redemption. Let all bitterness; and wrath, and anger, and clamor, and evil speaking, be put away from you, with all malice, and be kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake has forgiven you."*

*Ephesians 4:30-32.*

Mood swings are an indicator you have some unresolved thoughts that usually stem from being offended by others. In this case: your spouse. You can NEVER blame your spouse for your lack of joy and happiness in life! Never! Why? Because you cannot change them, you must learn to love them as they are. To do otherwise will make you an idolater. How is this possible? If you believe your 'source' of strength and joy comes from your spouse instead of God, you are an idolater. If you are one of the 78% of Americans who confess that Jesus Christ is your personal Savior from your sins, he has instructed us that we cannot love anyone more than him, Luke 14:26. This includes a spouse. Why? They did not die for your sins, Christ did. Therefore, no matter how bad things may appear to be with your

spouse, if you strive to daily keep things in the right perspective, you can overcome with the help of God, instead of making your spouse your 'god.' Never allow any human being to become your reason for living, NEVER!!!!

No matter how much you desire your spouse to change. No matter how much you want your marriage to work, you should want your relationship with God to work out even more!!! Why? Because God is not like mortals, he remains the same. He is reliable and the giver of life. He gave you access to himself through the shed blood of his only begotten Son. He is worthy of praise and honor at all times, regardless of how difficult your marriage has become. You ARE blessed if you have turned from your sinful ways and now have a personal relationship with the living Christ.

You will be able to see your spouse in a different perspective when YOU put God first!!! Where he belongs. The Creator of your spouse.....whoooooo! Come on My Friend, you gotta catch this! God First, then you can endure and be patient with your spouse.

# God First!

“Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.” This is the first and great commandment. And the second is like unto it, “Thou shalt love thy neighbor as thyself.”  
Matthew 22:37

## **Intellectual Attraction**

Intellectual attraction is very interesting because some people do in fact marry their spouse because of their intellectual prowess. They bypass physical attraction and become fixated on the person's intelligence, that for many, equals money and power. This is evident with some couples where the intellectual person is loaded with lots of money and power, but he or she is not a very neat, clean or social beyond basic interaction with

their spouse and others. Their surroundings are hoarded with excessive amounts of books, computers and manuals. They never do anything out of the ordinary with their appearance, because they are always so busy expanding their intellectual competence. They have a one-track mind.

Now of course, on the contrary, not all intellectuals are unkept or unattractive, there are some people that demand excellence in every area of their lives. They are perfectionists. Unfortunately, the temptation for this person is to become overbearing and dominating as they demand the same from their mate. You may find yourself walking on eggshells when this intellectual is raging and ranting their spill of demands.

I recall a woman who came to my business for the first time many years ago. Cellular phones had just become very popular. She walked into my location on her phone and sat down without speaking. When I attempted to interact with her due to my own busy schedule, she motioned as if I was bothering



her and needed to keep quiet. My immediate thought was this lady is going to be my new client from Mars!! She scheduled an appointment with me for my services and she is being rude? Da!

It was very difficult to interact with her most of the time because she was so 'snooty' and condescending without provocation. With much prayer and humility, she and I would eventually get along very well. I later discovered why she carried on as if she was the Queen of Sheba. This precious young lady was a 'stockbroker.' She was very intellectual and successful in her career. During the time I met her, she was building a new home from the ground up. This new house included a swimming pool in the back yard, and a 'walk-in' closet off of her master bedroom that was set up like a clothing boutique shop. It was very beautiful to say the least. She invited me to her 'house-warming' after the house was completed.

She was a successful intellectual that lacked regard for others at that time in her life. She

and her husband had many problems. He worked a 'blue collar' job. In fact, because of her extreme haughty disposition, I found it very hard to believe she was married, until I did actually meet her husband at their 'house-warming'

Here is a common problem with many successful women who are blazing the corporate ladder of success. If a woman does not exercise great restraint and humility, they can drift into the unending temptation to 'look down' on their good men. Their husbands may only work construction jobs and remove trash, but they are good men! They are reliable, honest and compassionate human beings, nonetheless, the poison of pride blinds the intellectual, educated and 'successful' Queen of Sheba disposition. They cannot see the value of such good men who are oftentimes secure and strong in their own disposition, they are content in life.

If the intellectual continues to advance in their pursuit of more knowledge and acquisitions of material possessions, the marriage will likely

take a 'nose-dive' and divorce becomes the conversation because they are on two different planets. The intellectual wakes up and determines their spouse is not good enough for them. They have nothing in common as the intellectual bask in knowledge of world events, politics and their field of study. They become discontent and withdrawn from their spouse with a 'self-righteous' attitude of superiority. This is no doubt a dangerous disposition for any woman that confesses she is a follower of Christ. Let alone married to another human being. Who can bear it!!!??? Not only does this disposition destroy marriages it positions the person with this prideful disposition as an enemy of God, who hates pride.

Couples like this have no common ground for discussion and dialogue beyond 'good morning' and 'good night.' But here is some good news! Of the three attractions we are discussing in this book, this is the easiest to remedy if lost, why? Your spouse is a human being full of treasure waiting for your discovery! If the intellectual would see the

error of their own way, and humble themselves, and begin 'to pride' themselves on gaining more 'knowledge' of their spouse as they do all other facets of their life, they would find an unending portal of surprises and discoveries about their life partner.

Pride comes in many hues. It will convince the intellectual or successful partner they are better than, not only their spouse, but everyone around them. They become 'legends in their own minds.' "Knowledge puffs up, but love edifies." 1Corinthians 8:1. My Friend, if you are an intellectual, remember: you made 'a vow' to God to care for your spouse. Thank God for all the good qualities that your spouse does possess. You are blessed that they love and respect you. Cease tempting them to be snared by another. When you insist on being rude, spoiled and selfish, YOU are putting a stumbling block in front of your spouse.

Intellectual pride will push people away from you when you are persistently demanding them to 'bow' to your pseudo greatness.

When you have made a vow to God, it is a very serious matter. If you have lost attraction to your spouse because you are 'smarter' and more 'successful' than them, dig deep from within and begin to celebrate their great qualities!

If you are the spouse that is being discounted by your intellectual partner, cease to take it personal and begin to seek God earnestly for grace to love them unconditionally, one-day-at-a-time!

I know it can be overwhelming and no doubt, frustrating to deal with these matters, but your commitment was to God. **YOU MUST KEEP THIS IN YOUR MIND!!!** God first and you **CAN** do this!!!

Alright, now that we have examined the three attractions, physical, spiritual and intellectual, lets move on to another very important reality for many married people, adultery!

Have you ever cheated on your spouse? Let's talk about.

## Have You Cheated On Your Spouse?

There are countless people who have been devastated by their spouse cheating on them. For this reason, they have given up all zeal to serve them or make themselves attractive to that spouse. They are daily 'punishing' that spouse. However, their untidy appearance and bad attitude does not justify it, because God said to us through the Holy Scriptures very clearly, "Cursed is the man that puts his trust in man." Jeremiah, 17:5" This word 'cursed' in its Hebrew meaning is; doom, gloom, to be damned, confounded, troubled, vexed, to be plagued. Now, follow me very closely...if you have cheated on your spouse and he or she is not strong enough in their relationship with God, they will come under 'a curse' of gloom and doom because of adultery.

It is here that the cheater MUST have compassion for their mate. Let me tell you this My Friend, if you have committed adultery,

you have emotionally traumatized your spouse. If you are not willing to bite the bullet, roll up your emotion sleeves and do the necessary work to bring healing and restoration to your marriage, it will not happen.

According to the words of Jesus Christ found in Revelation 21:8, all adulterers will be cast in the Lake of Fire! If you have sincerely gone to God and asked for forgiveness, it should be very easy for you to endure the deep dark hole you have placed between you and your spouse.

Now don't get me wrong here, because I know the emotional guilt trips that can be directed your way, but My Friend, you can take it when you consider you could have died in your adultery, and guess where you would be right now? In hell. Please consider the facts found in Galatians 5:17-21, which also tells us as Jesus did in Revelation 21:8, all adulterers will be going to hell if you do not repent/turn from it sincerely from your heart.

If you have cheated, do you not realize that God has spared your life???. He has given you an opportunity to restore your relationship with him and your spouse! Glory to God forever! He has been eternally gracious towards you!

If you have a desire to change, and I do believe you do if you are reading this book, you already feel like a no-good-for-nothing, I am not seeking to add anymore salt to your wounds, but I beseech you to ponder deeply what you have done to your spouse. It is in this reality, that all the difference can be made. You know how? Compassion!! It will flood your heart and you will begin to feel sympathy and deep concern for your spouse. You made a covenant/promise to God, for better or for worse.

Now granted, this just might be the worse time for the two of you, maybe, but once you begin to show your spouse steadfast kindness, consideration and care, *get ready!!!* Things are going to change My Friend! Why? Contrition opens the heart. It will melt the heart of your spouse if you refuse to grow



weary in well doing for the best interest of your vow to God concerning your spouse.

What have you done lately to show compassion and kindness towards your spouse? How often do you willfully attempt to show them compassion and kindness? Can you remember the last time you wrote him or her, a heartfelt, "I Love You" note, without murmuring and complaining? And by the way, I am not talking about a 'store brought' note card, but rather a "blank inside' greeting where you express your own thoughts.

This is very important to note because words have power. They can lift the heart or destroy it. Proverbs 12:25, "Heaviness in the heart of man makes it stoop, but a good word makes it glad."

Now, please allow me to digress and make my former point once again. God could have allowed you to die while you were committing adultery.... you would be lost forever, tormented in hell forever! But God!!! You have the power to turn your marriage around

when you allow these facts to become your 'daily' meditation. When you want to lash out and tell your spouse "God has forgiven me, I don't need to prove anything to you." This will harm your spouse all the more. Why? Simple, your spouse needs time to heal, and they will have flare-ups of emotions. Its just like a deep cut to the flesh. After it is stitched up, it takes much more time to heal. Any sudden blow or wrong touch will cause great pain.

You can do this My Friend. Remember the grace God has shown you and where you could be right now!!!!

If your spouse has cheated on you and you have decided to stay, FIGHT the good fight daily! His or her adultery was against God. Though it hurt you deeply, the fact of the matter is they sinned against you AND God! They need forgiveness to bypass God's eternal judgment....hell. Revelation 21, Jesus is very clear all adulterers will be cast into the Lake of Fire. If your spouse has asked for forgiveness from you and God, there will be times you simply MUST pull up your BIG GIRL

PANTS or BIG BOY PANTS and fight for your vow!!!! Your vow was likely, for better or for worst. With God, all things ARE possible! Strive to do what is right, not what is easy! Fighting negative thoughts is not easy, but it can be done when you 'will' to do it.

If you would like our Prayer Team to pray for you and your spouse, feel free to visit our website and click on the "About" page and then click on Prayer Request. We have an amazing team that will pray earnestly for you and your spouse. May your heart be made glad, you Got this!!!! There is Hope.

**[www.HandmadeSoaps4Hope.Org](http://www.HandmadeSoaps4Hope.Org)**

# The Blame Game

When the heart is wounded, there is always going to be casualties. Always! Whether it is a co-worker, friend or close family members. Someone will ultimately feel the backlash of the emotional trauma. Now with that said, we must resist 'shifting' the blame on others when we KNOW we are guilty for what we have done as a participant, no matter how vile, how unthinkable, we must 'own' what we have done.

When we refuse to own it, God will not forgive us our sins. He will judge us, the same as he did Adam in the Garden of Eden. Eve ate of the fruit and offered it to Adam, but God gave the instructions to Adam not to eat from the tree of knowledge and evil, he forbid Adam to eat from it. Story found in Genesis, Chapter 2. Adam refused to take responsibility for his lack of obedience. Instead, he shifted the blame on Eve.

Blame shifting is dangerous! Don't do it! How do you know you have shifted blame for anything you have done to harm your spouse? You will become cold and callous towards them. You refuse to have compassion and understanding that is necessary for them to heal from whatever you have done to harm them.

Here are the words that you will find your spouse speaking: "I told him I was sorry, what else am I suppose to do about it!" "I am tired of hearing the same ol', same ol,' this stuff happened years ago." "I am not the only one that has done wrong in this marriage."

If you find yourself saying anything close to these statements out loud or in the back of your mind, you are a blame shifter, and you are being selfish instead of selfless. You say, how so? When deep emotional harm has been inflicted upon any human being who is close to you, you must be compassionate enough to bare the brunt of the healing process that can take years! To do otherwise is selfish, insensitive and ungodly. When you

are truly repentant and sorrowful for what you have done, you will never get tired of hearing them vent their pain, why? Because, you are willing to take full responsibility for 'your' actions until you hear of it, no more (whatever your it is). If you are a REAL man, if you are a REAL woman, you can take the heat from what you started in the first place.

Blame shifting is done by the weak and the proud. Make no mistake about it. Your spouse is not the monster you make them out to be. They need you to own your shortcomings and flaws and stop acting like a jerk or jerkette! I made that up – *Hehehe!* No doubt, many women are 'jerks in a skirt'!!!

Let the healing begin. Acknowledge your weaknesses to them. Some men especially will say, but I'm an 'Alpha Male,' I don't speak from my heart all like that," Okay! That's exactly why your wife is giving you grief!!! Because you don't know what you doing Alpha!!!!!! AND! God is not going to let you off the hook for your sins against her if you have cheated on her, you do not have any grounds

for divorcing her, you were the one that cheated!!! See how soon we forget. I just told you two pages back that you have to humble yourself to reach her heart Alpha!!!! Let me help you My Friend, REAL men do cry! And REAL men own their mess! Ladies, the same goes for us as well. All else is cowardness and God is not in it. God is all powerful and He will empower you to speak your true self, regardless of how you 'feel.' Forget feelings!!! They can't be trusted, go with honesty and truth! It's the truth that you speak that WILL set you free, and your spouse!

I want you to ponder this question as we bring this chapter to an end. How is it possible to have a relationship with God, who has created the heavens and the earth and everything therein, including your spouse, and you are fearful of telling your spouse how you really feel, mere words?

## No Fear!

Okay, now I want you to follow me very closely here. We have all likely heard that communication is the key to a successful marriage, but more importantly, it is the same with a sincere, fulfilling relationship with God. If you constantly ignore, put off and hide your true thoughts and fears when it is appropriate to communicate with God, your relationship will be destroyed.

The most difficult time to communicate with your spouse most often is when something is wrong. The topic we are discussing is losing attraction for your spouse, which is very common in marriages. The remedy, regardless of the issues, is God! Humbling yourself to the Creator and asking for his grace to help you and your spouse is the answer.

God is the best example for us to follow as it relates to communication. You were created in the image of God. God is a communicator. When you study the Scriptures, you will find that He communicates very clearly through



men he inspired to write the Bible. Here is the key to begin restoration to your marriage: you must find the strength to communicate your 'real' feelings about what they have done to 'turn you off' and fuel your loss of attraction towards them.

Writing your spouse a letter is a very effective way to communicate without any interruptions from the other person. This is why it is so effective, especially in a time of turmoil. It gives them an opportunity to really think and ponder before they respond to you.

This will not be an easy task, but the rewards could be awesome! Why? It gives you the opportunity to reveal exactly what you need from them. Here is where many people make the mistake of feeling it is weakness: to tell your spouse that you need them. But My Friend, you do! You need them to modify their behavior because it is harming you emotionally and spiritually. It is destroying your vows before God. Don't forget, you must keep this in mind, you have made a vow to God!

Now here lies a very serious problem many face, men and women alike; some have been psychologically taught that it is a sign of 'weakness' to communicate what you need, but remember, you are created in the image of God, "*So God created man in his own image, in the image of God created he him; male and female create he them.*" Genesis 1:27. The word 'image' means; likeness, reflection, mirror, copying. When you are expressing your true thoughts without fear, you are mirroring God's image! To do otherwise is not of God. It is destructive and causes a plethora of spiritual and emotional problems with yourself and for your spouse. Communication is the seed to understanding.

It is a 'cop out' to insinuate your spouse 'knows' how you feel and that to presume they are 'purposely' trying to harm you. And, just in case they are trying to purposely harm you, it still does not matter when you posture your heart and mind to express the image of our Creator: forgiving, patient and faithful.

If you prefer to talk to your spouse face-to-face, do that. Plan to take them somewhere quiet and special. If you do not have financial resources, don't worry! You can always take a nice walk in the park. Make sure if you have small children that they are with someone you trust to keep watch over them during this time. You need to be alone with your spouse during this very important moment.

If you have the finances, plan something very nice. Ask them to dress up and look good! Make it a date!!! Get excited about it! If they give you a hard time, don't worry about it, keeping on planning! Be hopeful and prayerful. Keep talking to God and asking for His grace. You got this!

Now, remember, if you have cheated on your spouse, you have to be very persistent, patient, kind, and more importantly, sincere!

When you have this conversation 'own' what you have done. Take full responsibility for what 'you' have done. Be sincere. Ask your spouse, "What can I DO to help the two of us

experience our 'crazy love' again?" Crazy love is very exciting, invigorating and bright! It makes the heart happy indeed. After you have expressed YOUR WILLINGNESS to make changes on your behalf, then you move the conversation to share your 'concerns' for their lack of care for their appearance if that is your issue. I know this will be very, very difficult. But we gotta' make it happen!!!

Have you ever heard of the positive-negative-positive way of communicating negative information? The goal is to 'sandwich' the negative information in between what is good.

When you give your mate what is positive and what you are willing to do to repair your marriage, you will relax your mate and provide them the emotional care to let their guard down and open up for the 'meat' of the matter. After you gently discuss your concerns, then you must strive to end the conversation, whether in writing or verbally, with positive affirmation of your love for them and your desire to remain committed to your

spouse. This is by far, the most important part of the exchange; letting them know, 'things have been rough, but I love you!' I want to spend the rest of my life with you. I am committed to keeping my vow to God.

Regardless of the situation with your spouse, it is vitally important that after you expose their shortcomings, they NEED to know you will not give up on them. If your spouse has become lazy and disheveled in their appearance, for example, offer to take them to the hair salon or barber shop. Take them on a mini shopping spree and hug on em' and love of them! Let them know, WE GOT THIS!!! I am not giving up on you!!!! Tell them!!! Love never fails! They need your unconditional love and kindness, just like we need God's love and kindness when we mess up. Speak 'good words' that will comfort your precious spouse. They ARE precious My Friend. You chose them. They can be restored back to expressing their very best that caused you to want to marry them. YOU CAN DO THIS!!! Remember, marriage was God's idea. He can give you grace to hold it together. Do you believe this? Okay,

let's keep moving and see what else we can put in your arsenal of restoration strategies. I like that! Strategy is another word for a plan, approach or tactic. You must have a plan, stick to it and refuse to deviate until the mission is accomplished.

When you make up your mind to execute your strategy, your pride will constantly attempt to swell your ego into thinking you are better than your spouse. It will whisper how dreadful and messed up they are, and you can do better. Refuse this lying voice of reason, why? Because you have made a vow before and, "marriage is honorable in all, and the bed undefiled; but whoremongers and adulterers God will judge." Hebrews 13:5. Unless there is sincere repentance, anyone that commits adultery or continues to sleep around from bed to bed with anyone other than your spouse, you will go to hell forever. If you keep this in mind, you will be empowered to cast down those prideful thought every time! Listen closely to what Jesus said, "But the fearful, and the unbelieving, and the abominable, and murders, and whoremongers, and sorcerers,

and idolaters, and all liars, shall have their part in the lake which burns with fire and brimstone; which is the second death.” Revelation 21:8.

If you are reading this book, it is a sure sign you want to make things work in your marriage to honor God. You have likely heard, “the grass always looks greener on the other side,” but trust and believe, it is not! So, let's get ready to stick to your strategy and move on to understand one last, important, evil behavior that does not work, and will not work if your making an earnest attempt to restore your marriage.

## **The Trick That Never Works**

Now that we have a strategy, we have to cover the trick that NEVER works, why? Because you will be tempted in your restoration process to manifest this destructive trick. And that is being ‘mean’ to your spouse to manipulate them into submission, most notably, the silent treatment. This is by far the most destructive tactic or attempt you can even think about conjuring up to ‘force’ your

mate to give you what you want or for them to make modifications in his or her behavior. IT DOES NOT WORK!!!! In fact, this behavior is of the devil! Prideful, petty, evil and despicable!

When we have a bona fide relationship with God through the death, burial and resurrection of Jesus Christ, He does not treat us this way. If you really have a sincere relationship with God, you will know that his peace and joy will continue to abide when you sincerely repent and turn from your sins. He does not continue to withhold his presence from us. However, this does not mean that God will not allow you to suffer from your choice to disobey and sin against him. Nonetheless, his peace and joy will anchor you even while He is chastising you, "Despise not the chastening of the Lord." Proverbs 3:11.

When your spouse calls you, answer the phone. When he or she asks you a question, answer them. If you cooked fresh meals before they made you angry, be mature, keep on cooking those fresh meals! It is a sure sign of spiritual immaturity when you ignore



your spouse instead of communicating your hurt and disappointment. You have to remember the strategy, communication. TIME FOR A SANDWICH CONVERSTATION to be made ASAP!!

Naturally speaking, you eat all of the time, right? You need food to live. You need communication to maintain your emotional and spiritual connection with God and your spouse. Your marriage will not and cannot survive without eating properly, communication that is.

Let me indulge you with one more illustration of this vital key of communication. Every day you are putting trash in your garbage cans. If you refuse to take the trash out once a week when the trash men come, it will continue to pile up. After a short time it will begin to stink really bad and attract bugs, and in some very deplorable conditions, rats.

If you have lost attraction to your spouse in any area that you once enjoyed in times past, you have some big fat rats taking over your

marriage: bitterness, unforgiveness and possibly even hatred. When this is the case, you will need to put down some serious 'traps' to catch these spiritual rats to get them out of your marriage. Refusing to let up and show kindness to your spouse is like opening the trash bags and allowing more stench in your house. My Friend, it's time to let the past go! Remember, *"God resists the proud, but he will give grace to the humble"* James 4:6. Pride has been killing your vow to God. Your spouse is your promise to God by 'a vow' no one forced you to make with God. Make no mistake: this is between you and God, not your spouse.

Do not grow weary in doing what is right. It will not be easy. Read this book with your spouse, surprise them afterward by playing one of their favorite songs and ask them to dance with you. Go for it! Stop whining and start winning over your own selfishness. You are the one in charge of you. You can do this!

God bless you both!

For More Available Books Visit Us"  
[www.HandmadeSoaps4Hope.Org](http://www.HandmadeSoaps4Hope.Org)

