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Written for the edification of the Body of Christ.

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Physical Attraction

Many people no longer are attracted to their spouse for many reasons, some can be remedied with honesty and encouragement of the spouse that has fallen 'out of love,' with their spouse in particular, when the other partner has grown uninterested in growing spiritually, intellectually and physically maintaining their outward appearance.

I have met men and women who are ashamed to tell anyone their spouse will no longer bathe, keep their teeth brushed or maintain basic hygiene tasks, not to mention they have become grossly overweight, they refuse 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 is they did all these things in the beginning, 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. It is very important to note that there is never an excuse to violate your vow to God when you married your spouse, you promised for better or for worse. Now let's dig in here and find some help. This might be the worse, but brighter days are ahead, trust, believe and get ready to do some work to recover your attraction for your marriage partner.

Let's face it, attraction is vital to living. 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.

Now let's talk about attraction for your spouse. There are three aspects; physical, spiritual and intellectual. We will cover all three, 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, but, let us consider this very important fact, if you married your mate for their physical prowess and appearance, it will most certainly not sustain you very long whatsoever.

There is nothing worse than an unkept person that carries body odors, especially if you are a Christian, why? It is a poor witness of your confession that you know God. It is poor stewardship and it tells God that you simply do not care about your gift of life, not to mention, when a married person does not have any regard for their spouse that sleeps with them, eats with them and simply dwells in the same house dwelling, day in and day out; it is the

ultimate manifestation of a very selfish and ungrateful person.

Most of these people simply need to be “woken up” from their sleep walking through life because they were never taught basic hygiene by their parents, they do not see the error of their way whatsoever. It is normal for them to be undisturbed by outward dirt, disorganization and sometimes even bad odors. They are immune to it.

It's as if a curse of ‘uncleanness’ runs through their family line. Everybody 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, those around them will ignore their lack of care and tolerate it, feeling ashamed to tell the person they are embarrassing themselves and in this case as we are discussing, destroying their spouse' attraction towards them. And let me tell you my Friend, this is a very common, yet private concern for many couples who no longer have sex or any non sexual touching of one another. They live together like roommates, drifting through life as if this is normal. This not normal for a marriage. At all!

When physical attraction is abated by any person in the relationship, your spiritual and intellectual attraction will be impeded. You will not respect that person's confession of Christ in their lives and you will despise their intellectual competency, why? Because the Scriptures tell 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 and what a person 'sees' with his

or her eyes does cause them to form an unspoken opinion. It affects how people treat you and certain how they feel about you.

With this said, my Friend, do not feel guilty for feeling negatively about your spouse, 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 my church who experienced this 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, never! But it was indeed as she shared out of desperation one day, that she was thinking about divorcing her husband and asked if she could call and talk to me about what she was planning to do.

Later that evening we talked extensively about her concerns that turned out to be very difficult for her to share. She was very

embarrassed, but she was fed up. Her husband would not bathe, brush his teeth, shampoo his hair on a regular basis. She was so turned off. She said they had been in counseling, but this issue of hygiene had not been 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 person, but when it came to hygiene, no one was at home, if you know what I mean.

What I found to be very useful advice to her was to 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 with him in spite of these issues that shrouded her entire thoughts at the time she wanted to divorce him.

Needless to say, they made it! She had to confront her husband. 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.

This 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 things such as bathing and keeping yourself presentable and attractive, this should be the least of your worries. The very least!

This problem is also very pervasive with men who complain the same about their wives, who, in addition to their poor physical hygiene, they refuse to clean the house, wash clothes or cook fresh meals. My Friend, I have met and encouraged many men who wanted to divorce their wives for this very reason. The wives tempted them,

without knowledge most of the time, to spiritually and intellectually despise them. And let me tell you, when it get 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 got to keep your house clean! Oh' yes honey bunny! There can be nothing worse to see than a nasty house and a nasty woman! Do not let it be said of you! Do not! It is our 'girl power' to maintain a beautiful and clean atmosphere for ourselves and for anyone that comes in contact with us. This honors God. It speaks volumes of who you are on the inside. Let's pull it together ladies, let's pull it together!

There is never an 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 decent money, you can hire a maid to come in

every two weeks to keep all things together for you. If you have several children you can begin training them to move away from the 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! You are teaching them two very valuable disciplines for life, be clean and to eat healthy!

Ladies, if your husband works and you are at home with the children, you do not have an excuse! No! You don’t! Remember, I just gave you a strategy to help you with the kids. Give them something to do and reward them with excitement and adoration, they will begin to ‘bug’ you when is the next time you 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 to punish the husband for not spending time with them and doing more chores, so they simply leave the house a mess. *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.

Pull it together for God, he is honored when you maintain your 'girl power' and keep things clean, neat and sweet. Now what is wrong with a little air freshener 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 smuck just piles up and one day your spouse'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

and that you are nasty. It might not be fair, but it is true, when it comes to maintaining our living space, it is the woman responsibility by default whether we want to own it or not.

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 the keeper's, the men are the hunters and providers by default. But let's keep all things clear, we are the keeper's ladies.

When we are stubborn and refuse to yield to our femininity with our husbands, disaster is bound to happen.

I recall another woman who cut all of her relaxed, medium length hair down to a natural afro, less than an inch long. She became obsessed with being 'natural.' But here was the problem, she did not meet her husband in this new found "natural" style she seemed to feel empowered and obsessed with.

When her husband met her, she wore long, relaxed hair and light make up. This is what he 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, I agree, but in reality it does make all the difference because she forced her husband to endure what she wanted that was bi polar the woman he met and fell in love with. Physical attraction does matter when your spouse has to look at you day in and day out, it is selfish to force your spouse to endure your drastic changes without there 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 0. He did not want to spend time with her. It was a very difficult situation to observe, because the husband was so crystal clear about his loss of attraction for his wife because of this new look, but she

refused to accommodate his reasonable request for her to let go of her 'natural' look and spruce herself back up just a little bit.

Some women give the excuse they are too busy to comb their hair in the mornings and maintain a more feminine style; let me give some advice for any woman that is disregarding your husband in this regard, you acting foolish! Why? Because Jezebel works on the job with your husband every day, and I can assure you, she is not wearing an afro, without any care for her appearance and style. **DON'T DO IT!** Swallow your pride and cover your husband with love and honor. This is 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 feel some control in the relationship. It will get their spouse attention, but the relationship continues to

corrode as they both attempt to gain control over the other.

When this is present in a marriage, someone will have to humble down or that marriage is bound to failure because of the number one killer of all relationships – PRIDE!

Pride is selfishness. Marriage is not 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 that can be restored through humility and taking responsibility for your role in its demise.

Physical attraction should not matter when you really love that persons' soul, but it should never be ignored when you are sharing your life with another. 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 you do not want to grow up and take responsibility for your vow to God to care for them until death do you part?

Familiarity breeds contempt. It is poison and the portion of the ungrateful and immature. It is ungratefulness that fuels familiarity. When a person loses an 'attitude of gratitude' for their spouse or any other facet of their lives, they will partake of a life of misery. It is inevitable.

Change your mind, change your life. In the case of discussion in this book, change your mind, change your marriage!

Spiritual Attraction

Unlike physical attraction that can be at a glance, spiritual attraction is the unseen part that manifest 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. They are hard to get along with. 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 for their physical attractiveness. They married for 'lust' not 'love.' Now you are at a crossroad 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, they are extremely materialistic. 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 confessing Christians carry on like this. They will not speak to one another for days and weeks.

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 has seduced them to feeling pseudo power over their spouse. They love to play the ‘silent game’ using it to threaten their spouse; 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 being held back from the love of God because of their pride; that is why you have to see them for the weak person they really are. They need you! They are lost and don't even know it.

However, there can be hope for this spouse if their mate is strong enough to admit they married for the wrong reasons and is willing to submit to God, and they commit themselves to walking in the love of God, but this will no doubt be a very difficult disposition to contend with, but with God, all things are possible.

People who usually carry on like this are very insecure people. They do not know who they are, nor do they yet know the love of God, this is why they draw their confidence from materialism and their external physical prowess. Empty on the inside, pulling from the outside.

The Nagging Spouse

A nagging spouse can also 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 for him to tell her she looks nice, or for him to notice she changed her hair style; thanks for washing his clothes and caring for the children while he is at work all day. Or maybe even a thank you for doing all the grocery shopping. We won't even talk about the last time he may have brought her a special gift other than on her birthday or the holidays. But, he always wants 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 is the last time you loved her with your words? I'm talking about making love to her mind with adoration and thanksgiving for putting up with you, why you're nagging all the time, check the last time you surprised her with quality time away from your cell phone, computer and male buddies, giving her your undivided attention for one whole day! Just you and her! Come on! When was the last time?

The men are usually the one's always complaining about nagging, step it up in her emotional sphere, I can guarantee you, you are going to see a complete turnaround.

The Moody Spouse

Now we cannot forget the 'moody roody' 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 indeed. Some will use crying spells to afflict their spouse. They purposely manifest 'crying' and blaming their spouse for their misery. It is over the top outbursts of emotion

constantly disrupting the harmony in the



relationship and encouraging their mate to resist them.

Ladies in particular, emotionalism 90% of the time is not going to move your husband, it will only push him away from you if he is already as frustrated as you are. This is a dangerous game that should be avoided at all times. If you are really feeling overly emotional, go to God in prayer and cast all your cares upon him, but pull it together to communicate what you need from your spouse.

Anger is the fuel of mood swings. Mood swings is uncontrollable thoughts that provoke behaviors that are usually out of the control of the individual because they suppress what their true thoughts are, time and time again. They are bitter because they cannot have their way. This is why marriage must be seriously pondered before we take our vows before God, why? You cannot change another human being. **YOU CANNOT!**

Bitterness enters the heart when we lack understanding of this fact. We will grieve the Holy Spirit with this type of behavior attempting to punish our spouse for the lack of modification of the behavior that we do not like. We carry it around like luggage on a trip to nowhere fast.

“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 is an indicator you have some unresolved thoughts that usually are offense from others, in this case, your spouse. You must cast them down and resolve the lingering issues to find your joy and renewal again. It is never someone else fault for your lack of joy and self control, never. To consider that it is leads

you to becoming an idolater, how is this? You are communicating that your source of strength and joy comes from your spouse instead of God. You will perish in your heart and mind if this is the case. Your spouse cannot be the source of your joy. Your spouse cannot be your reason for living, ever! Never, ever, EVER!! Why? Because it violates the commandment of Jesus before he went to the cross, *"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.*

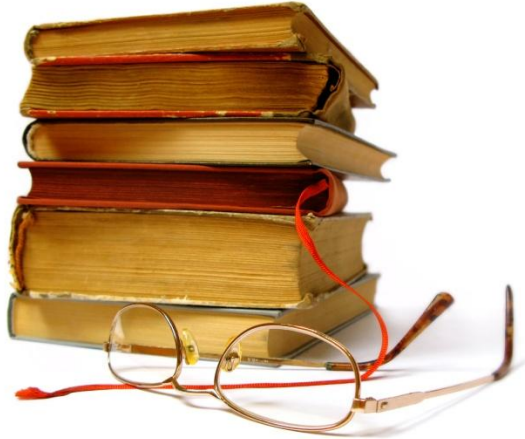
My Friend, doesn't matter how much you want your marriage to work, you should want your relationship with God more! Why? Because God is not like mortals, he remains the same. He is reliable and the giver of life. He gave you access to himself through the shed blood of his only begotten Son. He is worthy of praise and

honor at all times, regardless of how difficult your marriage woes have been for you. God is awesome and worthy of praise forever! Oh,' and I remind you again, God did not pick your spouse, you did, and he is willing to give you the strength and his grace to endure this difficult season. God first, your spouse second!

God First!

“Thou shall love the Lord thy God with all thy heart, and with all thy soul, and with all they 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, it equals money and power.

You see this with some couples where the intellectual person is loaded with lots of money and power, but he or she is not a very neat and clean person, nor are they spiritual beyond basic interaction with their

spouse and others. Their surroundings oftentimes 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.

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 visit my business for the first time when cellular phones first became a consumer item. She walked in 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 tripping out! She scheduled an appointment with me for my services. She was my client from Mars! 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 become to understand one another very well and I would later find out why she carried on as if she was the Queen of Sheba.

This precious young lady was a stock broker. She was very intellectual and successful in her career. During the time I met her for the first time, she was building a new home from the ground up that included a swimming pool in the back yard and a walk in closet off her master bedroom that was set up like a clothing boutique shop. It was very beautiful to say

the least. She invited me many months after our initial meeting to her and her husband's 'house warming.' She was a wealthy intellectual that lack humility at that time in her life. She and her husband had many problems to say the least, he worked a 'blue collar' job.

Here is a common problem with many successful women who are blazing the corporate latter. If they do not exercise great restraint and humility, they will drift into the unending temptation to 'look down' on their good men who may only work a construction job, but their husbands are dependable, honest and compassionate human beings, nonetheless, the poison of pride blinds the intellectual from seeing the value of such great men who are secure and strong in their disposition and their lives, they are content in life.

Now here comes the problem. The intellectual person continues to advance in their pursuit of knowledge and growth,

while their spouse has no clue what they are talking about half the time. They're on two different planets; literally, until one day, this intellectual wakes up and determines their spouse is not equal to their knowledge of world events, politics, or their field of study. They become discontent and withdrawn from their spouse instigating a self-righteous disposition. This is no doubt a dangerous disposition for any Christian woman, because not only are you jeopardizing your marriage, you are positioning yourself 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 can have for our spouse, this is the most easiest to remedy if lost, why? Your spouse is a human being full of discovery, if the intellectual would see the error of their own way and humble themselves down 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. Remember, this is a very dangerous disposition because God hates pride. *Knowledge puffs up, but love edifies, 1 Corinthians 8:1.*"

My Friend, the more worldly knowledge you acquire, the more cautious you must strive to be, why? It can corrupt you. Your spouse may not be on "your level," nevertheless, you have vowed to God to care for them for better or for worse. Settle down and give God glory for your great mind, but by all means, thank God also for all the marvelous things that are good about your spouse that may not be as smart as you, but they love you, respect

and honor you. You risk tempting them to be snared by another, thus jeopardizing their souls. Please pause and think on that. Pause and think!

Intellectual pride destroys. It pushes people away from you and you from them when you insist they bow to your pseudo greatness.

When there is a vow before God, it is to be taken very seriously, and though the person who is lacking in their stewardship to maintain themselves, there is still a great responsibility of the offended spouse to uphold their end of this vow before God.

I know it can be overwhelming and sometimes it may even seem unfair, but your commitment must be fulfilled. God has not given a biblical reason to leave a spouse because you are no longer attracted to your mate, but we are going to do our best to give you hope and encouragement in the next few chapters now that we are finished examining the

three attractions; physical, spiritual and intellectual.

Now as we move on, it is very important to first consider one very important matter before we continue to indulge our next chapter and teaching, have you ever cheated on your spouse?

The Champions Collection

Have You Cheated On your Spouse?

Why is this important, because there are countless people who have been so wounded by their spouse they have given up all zeal for their lives to serve them or make themselves attractive to that spouse. However, their untidy appearance and bad attitude does not justify it, because God said to us through the 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 if you have cheated on your spouse, we have to deal with that first! Why? Because marriage is built on trust. It is a very serious commitment and when trust is violated and that individual is not strong enough in their relationship with God, they will come under a curse of gloom and doom.

It is here that the cheater MUST have compassion for their mate. And let me tell you this my Friend, if you have caused this

emotional trauma to your spouse, you must be willing to bite the bullet, roll up your emotional sleeves and do the necessary work to bring restoration to your mate.

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 sin, and guess where you would be right now? Hell! But God had graciously spared your life and given you a chance to soar in him and allow his love to restore your vow to him.

If you have a heart, and I do believe that you do if you are reading this book, you already likely, feeling like a no good for nothing, so I am not going to add anymore salt to your wounds, but please, understand the seriousness of your actions, it is here that all the difference can be made. You know why? Compassion! It will flood your heart and you will begin to feel sympathy, empathy and concern for your mate that you chose some time ago for better or for worse.

Now grant it, this just might be the worse time of your life, maybe, but once you begin to show your spouse kindness, consideration and care, *get ready!* Things are going to change my Friend. Why? Contrition opens the heart. It will melt the heart if you refuse to lose for the sake of God in your life and the covenant you made with him for the best interest of your mate.

Now I need for you to really understand, there is no excuse for anyone using another human being as the reason for their lack of care and zeal for life, but remember, once you are joined together by marriage, you are one, therefore, if one is hurting, the other will be a partaker of their pain. It could be very likely their poor appearance is directly tied to hurtful words spoken just the same.

But here is your challenge. What have you done lately to show compassion and kindness to your mate? When is the last time you wrote him or her, a heartfelt "I Love You" note, without murmuring and complaining? Not a card written from the

drugstore, but words from your heart on a 'blank inside' greeting?

This is very important to take 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 I am going to say this again to really make sure you caught my before mentioned statements, God could have allowed you to die while you were cheating on your spouse and you would be lost forever, tormented forever in hell, *But God!* This is so vitally important for you to understand because without sincere compassion for your mate, you will not be able to speak heartfelt 'good words' to eventually restore their gladness and restore your marriage. It simply will not happen, because this is going to take some time, strategy and dying to your own emotions. What will help you overcome every time you want to give up? Remember the grace of God towards you. Remember where you could be for what you have done to harm your mate, you *must remember!!!*

The Blame Game

When the heart is wounded, there is always going to be casualties. Always. Whether it be your co-worker, friends, 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, 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 for refusing to take responsibility for his lack of constraint when Eve gave him the forbidden fruit to eat. Eve was wrong for what she did, but it was Adam that God gave the word too regarding the tree of knowledge and evil, that he forbid Adam to eat from. Read Genesis, Chapter 2.

Blame shifting is dangerous, don't do it! How do you know you have shifted the blame of anything you have done to harm your mate? You become cold and callous

towards them. You refuse to have compassion and understand that it is necessary for their healing of your sin against them.

Here is the words that you will find yourself speaking, "I told him I was sorry, what else am I suppose to do?" "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."

My friend if you find yourself saying anything close to these statements in the back of your mind, you are a blame shifter and selfish. You say, how so? When deep emotional harm is done to harm the psyche of another human being, you must bear the brunt of the healing process, 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, and until it ceases, you are willing to pull up your 'big girl' or 'big boy' pants and take the heat! This is

what real men and women do. They can take the heat of their own sparks that they initiated in the first place.

I want to remind you if you are a follower Jesus Christ, he died for the sins of the entire world and did not do anything to anyone but endure pain so that we did not have to go to hell because of the sin of Adam, yet, he still does not complain when we are in need of compassion and forgiveness.

Selfishness is always present in the person who refuses to bear the pain of their own sin, fueled by pride. And guess what my Friend? *God resists the proud, James 4:6.* Pride is a 'killer' in relationships! When a person refuses to own their participation in the demise of the marriage, it will not survive.

Your marriage partner was your choice. You made a vow, now you will have to humble down to lift it back up before God. You can do this with the help of God's strength and understanding his will for your life. A restored marriage glorifies God, this

is not the time to run from God, but rather, the best time to run to God for a strategy. Humility is strategy indeed.

Blame shifting is done by the weak and proud. Make no mistake about it, your spouse is not the monster you may think he or she is, they need you to own your shortcoming and flaws and stop acting like a jerk or jerkette for that matter!

How do you do this? You acknowledge your weaknesses to them. Some men especially, will say, but I'm an "Alpha" male, I do not speak from my heart all like that," Okay! Then your precious wife is going to continue giving you grief and God is not going to let you off the hook for your sins because you have no grounds for divorcing her, you were the one that cheated! See how soon we forget? I just told you two pages ago that you have to humble yourself to reach her heart. This is very important to understand, real men cry, and real men own their mess! Ladies, the same goes for you too! All else is cowardness and God is not in it. God is powerful and he will empower you to

Speak your true self regardless of how you feel. Truth makes us free! It liberates the person who speaks and the person who receives.

I want you to ponder this question, 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 mate how you really feel, mere words?

The Champions Collection

No Fear!

Okay, now this is about to get very interesting because communication is vital to understanding in your marriage, I am sure you have likely heard this truth a thousand times, the same as it is in your relationship with God. If you ignore, put off, or hide your true self when it is appropriate to communicate, your relationship will be destroyed. It simply will not survive.

The most difficult time to communicate with your spouse most often, is when something is wrong. The topic we are discussing is your loss of attraction for your mate that is very common in marriage, but the remedy regardless of the reasons is God!

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, he communicates very clearly

through the men he inspired to write the Bible.

Okay! Here is your next key to regain your attraction for your spouse, you must find the strength to communicate your 'true' feelings about their appearance or whatever it is that has brought you to this season of dissatisfaction.

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

This will not be an easy task, but the rewards can be awesome! Why? It gives you the opportunity to reveal precisely what you need. 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 spiritually and emotionally. 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 created 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 myriad of spiritual and emotion problems within yourself and for your spouse.

It is a 'cop out' to insinuate your spouse "knows' how you feel, and to presume they are "purposely" trying to harm you. And just in case they are, it still does not matter when you posture your heart and mind to be like God, forgiving, patient and faithful!!

If you prefer to talk face to face, do that; perhaps you can plan to take your spouse somewhere very special to do this. If you can afford it, tell them you are making them an appointment at the barber or hair dresser to get their hair and nails done, and ask them if you could pick something nice for them to wear on your "special date." If they give you a hard time, don't worry, they will relent. Just keep planning and being hopeful and prayerful.

Now remember, if you have cheated on them, you have to be very persistent, patient, and kind. And more importantly, sincere!

When you have this conversation 'own' what you know in your heart you could do better, and ask what it is that YOU CAN DO, to experience your '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

themselves. I know this will be very, very difficult. But we have to 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, the negative information, in this case as it is, their poor appearance and lack of care for themselves; then, you must strive to end your conversation, whether in writing or otherwise, with positive affirmations of your love for them and your desire to remain committed to your spouse. My Friend, this by far is the most important part of this exchange!

Your mate is in trouble spiritually, they need to know you will NOT give up on them! He or she needs to KNOW you love them and though things are bleak and frustrating for the two of you, you will not abandon ship!

You are in it for 'better or for worse.'" Speak 'good words' that will comfort your precious spouse. They are precious my Friend. You chose them and they can be restored to being their very best. This is a "worse" chapter for your lives, dig deep within and remember who you are made in the image of God. You can do this! Marriage is a God idea, he can give you grace to hold it together for his glory. 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! A strategy is another word for a plan, approach or tactic. You must have a plan, stick to it and refuse to deviate. Stay the course.

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. But refuse this lying voice of reason, why? Because you have made a vow before God 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. When you keep this in mind, you will be empowered to cast down those prideful thoughts every time! *“But the fearful, and the unbelieving, and the abominable, and murderers, 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 a thousand times before, “the grass always looks greener on the other side,” but trust and believe; it is not! So let’s stick to our strategy and move on to understand the evil trick that never works...You and your mate are going to make it my Friend—You’re going to make it!

The Trick that Never Works!

The trick that never works is being 'mean' to your spouse to manipulate them into submission. 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 to make modifications in his or her behavior. It does not work! In fact, this behavior is of the devil! Prideful, evil and despicable!

When you mess up, God does not treat you that way. If you really have a sincere relationship with him, you will know that his joy and peace will continue to abide when you sincerely repent and turn from sin. He does not continue to withhold his peace and joy. However, this does not mean God will not allow you to suffer from your choice to disobey and sin, but his peace and joy will anchor you even through his chastisement. *"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 and keep cooking! It is a sure sign of spiritual immaturity when you ignore your spouse instead of communicating your hurt and disappointment. You have to remember our number one strategy, communication! TIME FOR A SANDWICH conversation 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. Your marriage cannot survive without eating properly, communication that is.



Now here is the key to complete recovery of your marriage ~ go and eat! Positive, negative, positive is the strategy and add lots of forgiveness and kindness. The two of

you must commit to daily eating a balance meal of communication or you will continue to destroy your vow to God because of lack of nutrition and sustenance.

Let me illustrate this vitally important key to restoring your marriage this way. 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 and 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 have 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 rodents to put them out of your house. Refusing to let up and show kindness to your spouse is like opening the trash bags and allowing more stench in the house. My Friend, it's time to let it go! Remember,

God resist the proud, James 4:6. Pride is 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 mate.

A vow means you have promised, swore, gave your word to stay with your spouse for life. Do not grow weary in well doing for your mate. God will honor your effort to stand in the gap for your mate. Things can and will get better, but you must become fully committed.

Read this book with your mate, 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, take it ONE DAY at a time! YOU GOT IT! Be consistent in all that you do, be consistent no matter how you “feel.”

God Bless You!

The Greatest Is a Servant!

It's time to serve your spouse, it's time to serve one another.



“Moreover if your brother shall trespass against you, go and tell him his fault between you and him alone, Matthew 18:15

Remember:
**Say what you mean,
mean what you say!**

“Death and life are in the power of the tongue, and they that love it shall eat the fruit thereof” Proverbs 18:21.”

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