

MAKING YOUR MARRIAGE THE BEST IT CAN BE

1 Peter 3:1-7

I. INTRODUCTION-

- a. I have played golf for many years...but I am never satisfied with my golf game ... I am always trying to get better...I read the golf magazines...watch the pros...etc.
- b. Though I have been married for a very long time...I have never been satisfied that I am the best husband that I can be to my wife...I want to be better.
- c. Some years ago Dr. Ed Wheat...a Christian physician and marriage counselor wrote an article in which he said there were four positive actions...that if employed by husbands and wives would make any marriage better.
- d. Dr. Wheat identified these actions by using the acronym BEST...he said that if a husband and wife want their marriage to be the BEST it can be...they should regularly practice these four actions which he identified as...Bless...Edify ... Share...Touch.
- e. Today I want to look at these four elements...and see how they will make any marriage the BEST it can be.

II. BLESS-

- a. To bless someone means to speak well of them...or to speak well to them.
- b. The New Testament commands Christians to practice the principal of blessing... we are to bless or praise God...we are to bless and encourage our fellow Christians.
- c. We are even told to bless our enemies...instead of responding to the harsh, critical or insulting words of those who attack us ...we are to respond to them with words of witness, compassion and forgiveness.
- d. Christians are also to bless their families...parents are to bless their children...and spouses are to bless one another.
- e. The Bible teaches us not to underestimate the power of our words...*Proverbs 18:21 (KJV) "Death and life are in the power of the tongue..."*
- f. A marriage is in trouble...when marriage partners...begin to hurl harsh, unloving, unkind, insulting and critical words at one another.

- g. But a marriage is made stronger when a husband and wife practice the principal of blessing...blessing one another with words...and actions...that express love, appreciation, kindness, consideration, encouragement, and thankfulness.
- h. Even when they disagree...and especially when one of them does something stupid or messes up!

III. **EDIFY-** (BLESS)

- a. To “edify” someone means to build them up...to encourage them...the New Testament commands believers to edify others.
- b. *Romans 14:19 (KJV) “Let us therefore follow after the things which make for peace, and things wherewith one may edify another.”... Romans 15:2 (KJV) “Let every one of us please his neighbour for his good to edification.”... 1 Thess. 5:11 (KJV) “Wherefore comfort yourselves together, and edify one another, even as also ye do.”*
- c. The Greek word that is translated “edify” makes it clear that edification is to begin at home...it is a combination of two words...“*oikos*” meaning home or family...and “*demo*” meaning to build.
- d. To edify our mate means to encourage them...to cheer them...to strengthen them ...comfort them...sustain them...believe in them...give them peace...love them in a way that contributes to their self-value and worth.
- e. Because God built men and women differently...husbands and wives need different kinds of edification.
- f. A wise husband will edify his wife with constant and sincere praise and encouragement...the best way for a husband to compliment his wife is frequently.
- g. What Peter is saying to wives in these verses is this...if you will edify your husband... respect him...admire him...follow his lead...revere him...esteem him ... praise him...and deeply love him...if you will make your husband your hero... then you will be blessed by a man who will literally run through a brick wall for you...a man who would face any danger for you...and isn’t that the kind of husband every wife wants?

IV. **SHARE-** (BLESS, EDIFY)

- a. The Bible says that marriage is a divine institution...in which a man and a woman become “one flesh.”
- b. In marriage a husband and wife become one...in heart, mind, soul and body.
- c. Married life is a shared life...and the more husbands and wives learn to share ... the stronger their love and marriage will be.
- d. Strong marriages are marriages in which husbands and wives share...time... activities...interests...concerns...ideas...innermost thoughts...objectives... dreams...and goals.
- e. And the strongest marriages are marriages in which husbands and wives share a common faith and commitment to Christ...*Ecclesiastes 4:12 (KJV) “...a threefold cord is not quickly broken.”*
- f. There is nothing wrong with husbands and wives having different interests...and enjoying time with others...men need to spend time with other men...and women need the fellowship and friendship of other women.
- g. But those things must never compete...with the life that a husband and wife share together.
- h. When it comes to sharing husbands need to understand that their wives love this ... they love it when you share your thoughts and feelings with them...and they want details!
- i. Wives need to understand that for most men it’s hard to share sometime...even with their wife...my advice is be patient and give us time!

V. TOUCH- (BLESS, EDIFY, SHARE)

- a. Husbands and wives need to touch one another often...a tender touch tells us that we are cared for...it calms our fears...soothes our pains...brings us comfort ... gives a sense of security.
- b. We are born with a need for a caring touch...it is healthy and normal...and we never outgrow it.
- c. Holding hands, snuggling, cuddling, sitting close to one another...are not just for newlyweds...it is for oldyweds too!

- d. Physical contact is absolutely essential...for building and maintaining the emotion of love.

VI. CONCLUSION-

- a. BLESS, EDIFY, SHARE, TOUCH
- b. Today I ask you to rededicate your life to Christ...and if you are married to your mate too.
- c. If you are not a Christian...please be saved today!