

Angie's Marriage Column - July 23, 2008

Wife Says, "I Feel Light Years Away from my Husband"

Marriage Question: I am in my 30's and feel light years away from my husband. We go to church and he is in the media aspect of service, but feels no need to go to studies for growth or read his bible or pray. I serve in children's ministry, women's ministry, food box ministry, and I occasionally teach adult bible studies. My husband smokes 3 packs a month, drinks one or more beers a day, and his language would make sailors run from a bar. I feel so alone in my marriage. I do pray every day and read my bible almost every day. My husband has Bipolar Disorder and ADD and has medications he can take for it, but rarely does. I do not want to sacrifice my relationship with Christ to honor my husband. Please let me know of good scripture addresses so I may read them and find peace in my heart.

Marriage Guidance: I think you are overly concerned about what your husband is or is not doing. I certainly understand why you would be concerned about his spirituality, but we can't control a person's relationship with God - we must learn to give up control of someone else and how they lead their life, even if it is a loved one such as a spouse. And stop focusing so much of your attention on your husband's faults and weaknesses, and instead focus on your own spiritual growth. We should never compare our personal faith with others, even if it seems they are not always acting in a Christian like manner.

"Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you". (Romans 12:3)

There are far better ways to help people to seek Christ for their life. Complaining about their faults is not one of them. Rather build your husband in the Lord. Find the good qualities and traits about your husband and bring those out into the open.

Encourage him in the Lord. Help your husband to feel good about himself so he will want to change, seek, and grow *in Christ with you!*

“In everything set them an example by doing what is good. In your teaching show integrity, seriousness and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us”. (Titus 2:7-8)

We certainly cannot control someone and tell him or her they can't smoke or cuss, but we can try to reach them through our own lifestyle. Nagging, complaining, blaming, and behaving self-righteousness is not going to help our loved ones repent and discover Christ for their life. But what does help people find Christ is in how we express and carry ourselves.

“Therefore as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. An over all these virtues put on love, which binds them all together in perfect unity”. (Colossians 3:12-14)

We should rebuke (correct, reprove, encourage) our friends, spouses, neighbors, and family out of a loving heart – the same kind of loving heart that Christ gave to us. If it is not done out of love than it is not in a Christian-like manner and we have no purpose correcting anyone. Humbleness wins more to Christ and His service than a “holier than thou attitude” can. In fact, the more we behave self-righteous the more others will not want to be around us, or seek Christ for their life!

But, “Let him who boasts boast in the Lord.” For it is not the one who commends himself who is approved, but the one whom the Lord commends”. (2 Corinthians 10:17-18)

If you feel resentful about the service for the church you are doing, then why do it? I mean, if you don't have the time to do it, or if you feel that you just don't want to do it, then don't. God does not want us to do His work and then feel resentful over it. Good behavior/good deeds are not what being a good steward is all about – its part of it but not all of it. Good deeds and behavior come naturally from a changed life *because we have put our faith and trust in Chris and live according to that faith.*

You don't have to sacrifice your relationship with Christ to honor your husband. You can still respect and honor your husband but you don't have to honor and respect his cursing and smoking. Our relationship with God is not something we share with anyone else, not even our spouse. The unity of marriage comes together because it is sanctified and blessed by God, even if there is only one believing spouse.

“For the unbelieving husband has been sanctified through his wife, and the unbelieving wife has been sanctified through her husband”. (1 Corinthians 7:14)

The only way you would be sacrificing your relationship with God is if you started cursing and smoking with your husband, and or whatever else he may be doing that might be undermining his spirit and faith in God. How do you know that your husband does not pray? Sometimes we get so caught up with the faults and weaknesses of another that we undermine our own faith and growth in Jesus Christ. We want to prove something to others and to ourselves that we are faithful servants for the Lord but in the process we tend to tear down another's faith just to bring ourselves up and to make ourselves look good. Perhaps you and your husband are NOT light years apart but maybe you only need to encourage one another in the Lord. The only way to do that is to stop finding fault and to trust God to be the final judge – as it should be.

“Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.” (Matthew 7:3-4)

It is my belief, after much study, and my own symptoms in my body, that the syndromes like ADD – ADHD – Bipolar and the like are not what they are made out to be – they are not what they seem. I do realize that some people have the symptoms, emotional and physical that are associated with these made up disorders and I am not discounting those symptoms, but to label someone with ADD because they have a problem paying attention or they lack focus, or they are hyperactive causes these people to believe they have some “big bad incurable disease” and will need medication for life just so they can “feel” better. But this is incorrect information.

Attention deficient Disorder is mostly from vitamin deficiency, especially several important minerals, such as zinc, magnesium and B vitamins. What does your husband eat on a daily basis? If his diet consists mostly of processed sugars, canned foods, processed foods, white flours, and starches, than he will certainly exhibit the signs and symptoms of ADD or ADHD.

Foods that have been proven to help with ADHD:

Flax seed/oils, hemp seeds/oils, fatty fish (salmon), a diet rich in vitamins and minerals (whole grains, fresh fruits and vegetables and good fats (olive oil, coconut oil and avocado's), food high in tryptophan (brown rice, cottage cheese, turkey and soy protein).

Avoid sources of refined sugars and flour.

Nutrients that have been proven to help with ADHD:

Omega 3 and 6 essential fatty acids (flax, hemp, DHA, borage, and evening primrose oils), multivitamin and mineral formulas (most deficiencies are in magnesium, then chromium and zinc), Vitamin B-Complex, GABA, Iron.

I suggest you do your own research and find out for yourself – become more informed and help your family to physically and mentally heal through the foods God has given us in their natural, pure form.

Understand that you can't change one thing about your husband – that's God's job. You only need to focus on your job. All you can do is be the wife that God has called you to be.

God Bless!
Angie

“Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. And whatever you do, whether in word or deed, do it ALL in the name

of the Lord Jesus Christ, giving thanks to God for the Father through him”.
(Colossians 3:15-17) Heaven Ministries Copyright © 2008 - 2014