

# Ways to Be Less Selfish In Marriage

Marriage exposed a side of me that had never been so obvious: I am selfish.

I've learned I can respond in a kinder, gentler way. I know I can learn to be less selfish. But it requires effort on my part. I have to be willing to:

**Give and take.** I like taking. I'm not as keen on giving. I've had to learn to compromise. Once I got married, I had two people's wants and desires to consider, not just my own.

**Put my needs last.** I had to be willing to put his needs ahead of my own. This is the exact opposite of what a selfish person does. And, it's not natural. We're designed to think of ourselves first. That's our sin feature. It comes standard on all of us.

**Avoid blaming.** Selfishness makes you think anything that goes wrong is someone else's fault.

**I had to recognize selfishness in myself.** It was easy to recognize it in him. I had to start questioning my own thoughts and feelings and admit when I was wrong. I had to ask myself, "Is this really the type of wife I want to be?" And the biggest question: Is this thing/issue bigger than our marriage?

**I had to learn to listen to my husband instead of wanting to be heard.** I had to learn to stop thinking

about how I could get my own way or of what I was going to say next.

**Imagine myself in your his shoes.** I had to be willing to try to see things from his perspective. I had to look at situations from his point of view. How would I feel if the situation was reversed?

**Take some time before responding.** Just stop before pitching a fit.

**Pray.** I can't conquer selfishness alone. Because on my own, like all selfish people:

- I don't like to compromise.
- I don't want to put other's people's needs ahead of my own.
- I like being in control and having my own way.
- I think everything is about me.
- I don't naturally think to put myself in my someone else's shoes.
- I don't like to share.

The only way I can overcome selfishness is to sincerely ask God to reveal it to me. And then commit to change.

Service is a great weapon against selfishness. When I acknowledged my selfishness, I began to see more ways I could serve my husband. It's a continual battle because we're human.

Extracted from an article by Sheila Qualls, find the full article at [tinyurl.com/y4juhjt3](http://tinyurl.com/y4juhjt3)



## RESOURCES FOR COUPLES

### Marriage is one life's most rewarding relationships.

It is a challenge to build a strong, God-honoring relationship. Whether you are 18 or 80, dating, engaged, or married, there is a stimulating book, class or seminar for the two of you.

**Marriage Team Coach Training** If you have a healthy marriage, you and your spouse are invited to become a coach couple. During our 24 hours of training, you will learn to use a proven curriculum that offers hope and practical skills to couples in all stages of their relationship. Pre-married to seriously challenged couples are saving their marriages with the support of couples coaches like you! Go to [MarriageTeam.org](http://MarriageTeam.org) for details of this **FREE** training over two weekends starting September 28 at US Digital Outreach Center, Vancouver.

**Pastor:** if you do not yet have couples trained to coach couples in your congregation, this training should be a no-brainer. Having a Marriage Team trained couple or two available to come alongside couples with garden variety relationship problems would relieve you of a huge burden.

**Couples:** Coaching is a great way to minister together and see God use you significantly in other couple's lives. Also, note that with more than 700 evaluations, coaches report an average 16% improvement in their relationship as a result of learning and practicing the skills taught during coach training.

**Retrouaille** is for married couples facing difficult challenges in their relationship. It's a: Marriage program that helps couples restore their marriage and rebuild a loving relationship; Catholic in origin, couples of all faiths are welcome; Practical program to improve communication and build stronger marriages; Presenters are couples sharing their personal stories of marital struggles and the tools they used to rediscover their love. Oct 11-13 at Mt Angel, details at [HelpOurMarriage.org](http://HelpOurMarriage.org)

September 2019

Every Marriage Matters

*Helping Marriages Become All God Intended*

Check out additional resources at [www.EveryMarriageMatters.org](http://www.EveryMarriageMatters.org)