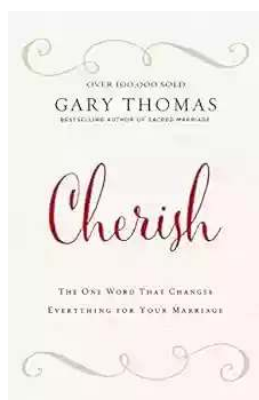


The One Word That Changes Everything For Your Marriage

Marriage is a beautiful and complex journey that two individuals embark on together. It requires love, understanding, compromise, and effective communication to thrive. We all desire a happy and fulfilling marriage, but sometimes we find ourselves struggling to maintain that connection with our partner.

What if I told you there is one word that has the power to change everything in your marriage? This simple word can transform arguments into conversations, misunderstandings into clarity, and distance into closeness. The word I'm referring to is "empathy."

Empathy is the ability to understand and share the feelings of another person. It goes beyond sympathy or feeling sorry for the other person; it's about truly putting yourself in their shoes and experiencing their emotions. In the context of marriage, empathy plays a crucial role in building a strong foundation and fostering emotional intimacy.



Cherish: The One Word That Changes Everything for Your Marriage by Gary Thomas (Kindle Edition)

★★★★☆ 4.8 out of 5

Language	: English
File size	: 4227 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 238 pages
Screen Reader	: Supported



When you practice empathy in your marriage, you create a safe space for your partner to express themselves without fear of judgment or rejection. It allows them to feel heard and understood, which is essential for a healthy relationship. Empathy cultivates trust, compassion, and a deeper level of emotional connection.

Here are some ways to incorporate empathy into your marriage:

1. Active Listening

Listening is one of the fundamental aspects of empathy. When your partner is speaking, give them your full attention. Put aside distractions, maintain eye contact, and show genuine interest in what they are saying. Reflect their feelings back to them to ensure you understand correctly.

2. Validate Their Emotions

Everyone's emotions are valid, even if you don't agree with them. Instead of dismissing or minimizing your partner's feelings, acknowledge and validate them. Let them know that you understand why they feel the way they do, even if you have a different perspective. This validation helps create a sense of acceptance and understanding.

3. Practice Non-Defensive Communication

Empathy requires open and non-defensive communication. Avoid becoming defensive or counter-attacking when your partner expresses their frustrations or concerns. Instead, try to see the situation from their point of view, and respond in

a calm and understanding manner. This approach encourages healthy dialogue and problem-solving.

4. Show Physical Affection

Physical touch is a powerful way to express empathy. Hugging, holding hands, and gentle touches can communicate your love and support to your partner. Physical affection creates a sense of safety and fosters emotional closeness.

5. Practice Self-Reflection

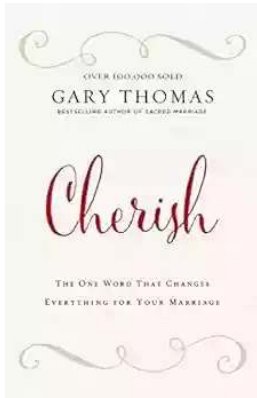
To truly understand and empathize with your partner, take the time for self-reflection. Be aware of your own emotions, triggers, and biases that may hinder your ability to connect with them. Recognize that everyone's experiences and perceptions are different, and be open to learning from your partner's perspective.

By implementing these practices of empathy, you will notice a significant shift in your marriage. Arguments turn into constructive conversations, and conflicts become opportunities for growth and understanding. Empathy allows you to build a deeper connection with your partner, fostering love, trust, and long-lasting happiness in your marriage.

The one word that changes everything for your marriage is "empathy." By embodying this powerful attribute, you can transform your relationship into one filled with love, understanding, and deep emotional connection. Remember, empathy is a lifelong practice, so make a conscious effort to incorporate it into your daily interactions with your partner. Nurture your marriage with empathy, and watch it flourish into something truly extraordinary.

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Gary Thomas, pastor and bestselling author of *Sacred Marriage*, believes that one simple word can bring hope, light, and life into any marriage: *Cherish*.

Most marriages survive by gritting teeth and holding on. But what if surviving marriage wasn't the goal? What if we aimed to thrive instead? In *Cherish*, Thomas teaches us that although there are a countless number of marriages consisting of two people just going through the motions, there are real ways this pattern can be reversed: when husbands and wives learn to cherish one another in their everyday actions and words.

The way we treat something acknowledges whether we cherish it or hold it with indifference or contempt. To truly cherish something is to go out of our way to show it off, protect it, and honor it. We want others to see and recognize and affirm the value that we see. Thomas reminds us that in a world desperate for marriage redemption, the act of cherishing is needed now more than ever.

Cherishing your spouse will elevate your marriage relationally, emotionally, spiritually, and even physically. You will set different goals for your relationship, and you'll see your marriage with fresh eyes. Through personal stories, real-world

examples, and timeless biblical truths, Thomas shares the tools you need to turn your marriage around, including:

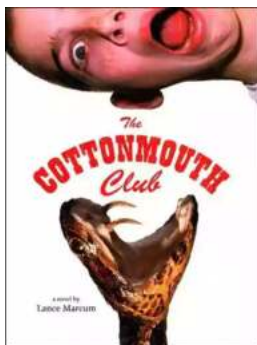
- Using your mind to change your heart
- Sacrificing for your spouse
- Praying with intentionality
- Prioritizing your life partner

Through the biblical act of cherishing, we can empower our spouses to become who they are called by God to be, and in the process to become more of who we are called to be, creating a marriage that feels more precious, more connected, and more satisfying. If you're ready to revolutionize your relationship, it's time to learn how to truly Cherish it.



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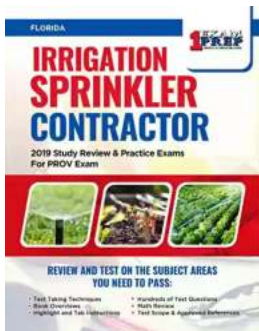
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