



Be a selfless spouse

I finally arrived back in Sydney after an extensive flight from Vancouver where I had an exhaustive long week attending a conference. It was a delightful moment to be greeted at the airport, by my wife Christine. We were so happy to be together again. Driving home, during our conversation exchange of the latest, Christine suddenly said in excitement, "Sally gave me two tickets to Handel's 'Messiah' by the Philharmonic Choir with the London Symphony Orchestra at Sydney Town Hall to-morrow night. It is just too good to refuse, and not to be missed! Would you go with me?" At that moment, an emerging predicament came over me, I was reluctant to agree to her request, because music does not appeal to me, let alone solos and choruses in classical music style. Also I have only just arrived home from a long haul flight of 15 hours, with the jetlag, I probably would sleep through the Concert. It was also FA Cup Soccer Finals on T.V. to-morrow night that I didn't want to miss.

Though I didn't want to go, I finally did it for Christine because at that crucial dilemma, the imagery of Jesus' selfless sacrificial act on the cross for us that we recently commemorated at Easter, prompted me to put Christine's desire before my own.that resulted, quite unexpectedly, an unforgettable experience with Christine. During the concert I found myself immersed in the powerful, inspiring, and compelling 'Hallelujah' chorus. The stunning sound of the forceful chorus reinforced in me, Jesus' 'selflessness' for the love of mankind, His sacrifice and His resurrection -- His final victory over sin and death, and His mighty glorification in heaven.

On leaving the Concert Hall, a spark of awakening light came over my mind. The principles that apply to Jesus' death and resurrection similarly apply to our marriages too. Jesus laid down His life so that we may experience the new life that comes from His resurrection. In the same way, God calls us to lay down our own lives serving our spouse unconditionally. To experience life in our marriages, we must die to self. When we die to self, we ultimately bring forth life in our marriages.the resurrected life in marriage.

Dying to self, meaning being selfless. The act of selflessness could build an environment of security, love and satisfaction in our relationship with others. It is an unending mission for husbands and wives. Without this element, we could not build a secure and strong marital relationships. Without this, we lack the strength in maintaining the "oneness" in our marriages.

Some suggestive ways to be a selfless spouse:

- Step out of the comfort zone



Do things your spouse loves to do, even when it is an activity you don't enjoy. Do not concentrate on the activity itself, but focus on the bond that grows out of sharing the experience with your spouse.

-Honour and adore

Do one thing each day to let your spouse feel being respected and loved. Speak highly of your spouse, and appreciate him/her in front of others and especially your children. Take time to leave love notes to each others. Do something or make something nice for your spouse's parents that the act of kindness could be felt by your spouse. Take notice at your spouse's effort and accomplishment in every small thing, give recognition promptly and compliment him or her on it.

Let us be mindful to be a selfless spouse to each other, building up love, harmony and satisfaction in our marriage.

"I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds." (John 12:24)

- By Brook