

Commitment works at the core of your relationship, guiding you through hard times. Times when you may not feel like sticking it out. Commitment means being dedicated to staying married, no matter what. Committing is the acknowledgement that there will be difficulties, but your intention is to grow through them alongside your spouse. Even when there is heartbreak, frustration, plan changes and unforeseen difficulties. **Commitment means you have decided there is no plan B.** You're in it for good.

After commitment, there are two very important concepts you will need to have a healthy marriage that stands the test of time. These encompass every aspect of being and having a great spouse. Cherish and Respect.

What works for the personality of your marriage, is unique to you.

Cherish

To cherish means to: adore, hold dear, care very much for, esteem and admire. Here are some ways you can cherish your spouse:

- Connecting daily is a powerful way to keep yourself informed of how your spouse is feeling, what they're dealing with at work, in their friendships, interests they're pursuing, and their thoughts on parenting.
- Date each other - There is something powerful about dressing up and spending a little time alone doing something fun or creative.
- Sex and Affection - Sex takes work. Showing non-sexual physical affection can help show how much you like each other.
- Believe the best about your spouse - A spouse who cherishes the other won't imagine situations before they react emotionally and blame.

Respect

To respect means to: think highly of, appreciate, admire and be dutiful to another. Here are some ways you can show respect for your spouse:

- **Create and follow appropriate boundaries and talk over the little things and create boundaries together**
- **Choose to be around people who love and understand the benefit of marriage and will support yours with their words and actions**
- Keep the end goal in mind: growing old with someone you love
- It is not always 50/50

Conclusion

Love is necessary, but hard work is necessary too.

Husbands, the best way to cherish your wife is to not be selfish, and put your wife's needs first.

Wives, if you can learn to respect your husband through words and actions, then it will be easier for him to work to make sure your heart and home are well taken care of.

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