



Common Mistakes Married Couples Make – Part 1

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Abstract:

Although it is normal for people to make mistakes, some mistakes can put your marriage in danger and cost you your marriage if you keep repeating them. To keep your marriage solid for years to come, discover the common mistakes, learn from them, and avoid them. Prevention is better than cure. This paper and its companion paper summarize the top twenty common mistakes married couples make. For convenience, the mistakes are arranged in alphabetical order.

Keywords: Common mistakes, errors, Christians, believers.

INTRODUCTION

Since at least half of all marriages end in divorce, married couples must be making some specific mistakes. As a rule, everybody makes mistakes. Every marriage has highs and lows. Every couple makes mistakes throughout the course of their marriage. How the mistakes we make in marriage are addressed is key to improving your relationship.

In this paper, we have identified ten common mistakes that married couples make:

1. Dishonesty
2. Infidelity
3. Irresponsibility
4. Lack of Submission
5. Lack of communication
6. Lack of Love
7. Lack of Respect
8. Lack of Spiritual Sensitivity
9. Little sex
10. Materialism

We will go over these mistakes in the next section.

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DIFFERENT KINDS OF MISTAKES

1. *Dishonesty*: Dishonesty in marriage is one of the causes of divorce among couples. It is a mistake to be dishonest to your partner. It is also a weakness that can damage the trust and intimacy between partners. It is heart-wrenching to discover that your better half has been dishonest to you. Dishonesty can take many forms such as lying, deception, hiding, or omitting information. People sometimes tell white lies to avoid hurting their partner's feelings. Dishonesty can cause fear, isolation, and loneliness in a relationship. While you can't tell your partner everything about you, there are vital details you shouldn't lie about. Coping with dishonesty in a relationship does not always last long. That is because a dishonest person is untrustworthy and shady. There are ways to tackle dishonesty in a relationship such as open communication, active listening, setting boundaries, and seeking professional help [1].

2. *Infidelity*: This is also known as cheating, adultery, unfaithfulness, betrayal, or disloyalty. It is breaking a promise to remain faithful to a sexual partner. The promise may be the marriage vows made between lovers in the presence of many witnesses. It is being unfaithful to your spouse. Although both women and men commit fidelity, men appear to be more prone to affairs. A man and a woman committing adultery are shown in Figure 1 [2]. Today, infidelity is regarded as the most important reason for divorces. According to Jesus, sexual immorality is the only ground for divorce (Matthew 5:32). Infidelity or sexual immorality is a significant problem that seriously affects marriage. Therefore, we should see infidelity a grievous mistake that can lead to divorce. Infidelity can take place in many ways – between co-workers, ex-partners, etc. When your spouse still loves an ex, the emotional craving for the connection with the former partner, boyfriend or girlfriend may result in infidelity. So be careful about dishonest behavior.

3. *Irresponsibility*: For a marriage to thrive, you need the ingredients of love, freedom, and responsibility. When two partners are free to disagree, they are free to love. When they are not free, they live in fear, and love dies: "Perfect love drives out fear" (1 John 4:18). Although we have free will to make choices as we deem fit, we are morally responsible for those choices in the sense involving deserved blame and praise, punishment and reward. Failure to accept responsibility for own actions is irresponsibility. It is sad but true that most marriages go through a crisis of irresponsibility. The law of responsibility in marriage states that: A husband and wife are responsible to each other, but not for each other (Galatians 6:2,5). Irresponsibility occurs when the law of responsibility is not obeyed. An irresponsible husband will neglect his responsibility to love his wife. He may become selfish or inconsiderate. Irresponsible actions include lack of domestic support, domestic violence, addiction, infidelity, financial debt, stealing, gambling, having cars or houses you cannot afford, and having too many children you cannot financially support their college education. These bad choices can put a lot of stress on your marriage. It is grossly irresponsible not to cut your cloth according to your size [3]. It is a capital mistake.

4. *Lack of Submission*: The principle of submission sets the tone for all human relationships: husband and wife, parent and child, employer and employee, pastor and Church member, friend and friend. Jesus laid down a good example by submitting to the will of the Father and giving up His life for us. He humbled Himself by becoming obedient to the point of death (Philippians 2:5-8) [4]. Men often quote Ephesians 5:22 and demand that their wives submit to their authority. The same chapter that urges wives to submit also says: "Be subject to one another out of reverence for Christ" (Ephesians 5:21). The submission, in a sense, is mutual. If a husband is not playing his role properly, he has no right to demand his wife's submission. It is an easy thing for a wife to submit to her husband when the husband himself is following Christ's example. Men should be heads and leaders at home. And leaders do not demand submission; they command it. Every believer should be a

submitting Christian. As the Bible says, the wife must be fully submissive to her husband (Ephesians 5:22-24). Lack of submission is disobedient God's Word. It is a mistake that may lead to lack of respect, lack of cooperation, lack of appreciation, lack of love, and lack of unity. Such a mistake can cost you your marriage.

5. Lack of Communication: Communication has always been a major problem in most homes. It is often the missing link in unhappy marriages. Through extensive studies, it has been found that the happiest couples are the ones who talk most with each other. Communication is the key to a happy relationship. It is therefore not a dispensable luxury in a successful marriage; it is an indispensable necessity. It is the lifeblood of strong relationships. Ability to communicate is fundamental to a successful marriage because it is the means by which a husband-wife relationship or parent-child relationship is established and maintained [5]. There can be no unity and happiness in a home where there is lack of communication. You and your spouse need to learn effective communication. You need to listen to each other, and be able to express, explain, and articulate your feelings in a friendly space where you do not feel judged.

6. Lack of Love: For a healthy and happy marriage, you should love your spouse and make them special. A typical example of a couple who love each other is in Figure 2 [4]. Lack of love may result in problems with intimacy and sex. This mistake usually occurs unconsciously when married couples are getting busier each day with works or kids. When there are too many distractions around you, it's easy to feel like being intimate is no longer a priority. But sex and intimacy are very important components of marriage. No matter how busy or stressed you are with daily life, or how long you have been married, maintain the intimacy between you and your spouse. Make time for physical intimacy regularly. If little sex is occurring in your marriage, discuss this with your spouse. If the problem cannot be resolved, seek professional help [6]. Learn to say words "thank you" and "I love you" because these words are known to have a magical effect when said sincerely and continuously.

7. Lack of Respect: Respect is a fundamental component of a healthy marriage. Disrespect in relationships isn't simply a matter of "not being nice." It is often unconscious, erosion of trust and equality. At its core, disrespect reflects a sense of imbalance, where one partner feels undervalued, unheard, or even disregarded. Disrespect, left unchecked, can become a toxic cycle, harming both partners and the fabric of the relationship. It is imperative that you make your partner feel needed and respectful. A certain amount of conflict is alright for a healthy relationship. You can have conflict without being disrespectful and unkind. Jessica Elizabeth Opert says, "Show me a couple who does not fight and I will show you a couple with deep secrets." Comparing yourself to others is essentially setting yourself up for failure. You must admit that every couple is different. Remembering to show appreciation for little things shows you care and respect your partner [7,8].

8. Lack of Spiritual Sensitivity: Spiritual sensitivity or vigilance is paying attention to what is going on around you. Few Christians today are aware that they are engaged in a spiritual war. Families are confronted with conflicts under many different circumstances. The conflict may be between husband and wife, between children and parents, between family standards and social demands. You often hear couples say, "I feel like there's something wrong, but I can't put my finger on it," or, "We start out in a good discussion, and the next thing you know, we're yelling at each other, and nobody knows who started it," or still, "We've made it to the top— many would call us successful. But we don't really know where we're going. We feel like we're groping in the dark." Insufficient attention is paid to the activities of the enemy and we allow him to outwit us in strategy. Whether you know it or not, every believer is involved in a global war. We are engaged in a war against a ruthless enemy [8]. Lack of sensitivity to the operation of Satan in your marriage is a big mistake.

9. *Little Sex*: Sex is an important aspect of your marital life. It is beneficial for one's health in many ways. It can have physical and emotional benefits, including a reduced risk of heart disease and improved mental health. Aside from reproduction, sex is good for intimacy and pleasure. It is a great stress-reliever. Sexual activity can be a form of exercise heart rare and burn calories. A study shows that having sex at least once a week in a committed relationship was enough to make people happy. It has also been reported that there are as many as 20 million sexless marriages in America. Sex is an important component of marriage that a couple cannot neglect without having problems. If little sex is occurring in your marriage discuss this with your spouse. If you cannot find solution, seek professional help. To have a healthy relationship, sex is one of the best things you can do for yourself and your partner [8,9]. Sex is a bonding activity couple must pay attention to. Some studies suggest that even when many other conflicts occur, couples who continue to interact sexually remain happier than couples who do not. So you must make time for regular sex in your relationship. Just do it!

10. *Materialism*: This refers to a preoccupation with material objects, comforts, and considerations with no interest in spiritual values. Materialism is one the greatest enemies of marriages, especially in America. America is a country that guarantees life, liberty, and the pursuit of happiness for its citizens. It prides itself on individualism and its concept of the American dream. Opportunities are everywhere. A person can start from nowhere, work hard, follow the rules, and be successful. The idea that material possessions improve one's personal and social well-being permeates America. Unfortunately, the American dream is becoming more and more materialistic. Today, there is an endless lists of things that people want: the latest smart phones, luxury cars, designer shoes and bags, Rolex, etc. Wives or husbands who put a lot of weight on luxury vacations or designer décor may end up not being the perfect match in marriage. We cannot help but have a materialistic mindset in America. But materialism is ruining us. No religion is against material success gained the right way. Religion only opposes the wrong way we can use it. Materialism is a mindset that desires to make money and spend it on materials, to the neglect of spiritual matters. It is a common mistake because it tends to strain marriages [10].

CONCLUSION -more

Although building a healthy, happy marriage is not a rocket science, it is not as easy we wish it were. There are some things we only learn "the hard way." There are certain mistakes we must avoid. The common mistakes will strain your marriage if care is not taken. By taking some of the precautions outlined above and avoiding the mistakes, you can live a healthy, happy marriage life. More information about common mistakes Christians make can be found in the book in [11-14].

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Figure 1 A man and a woman committing adultery [2].

