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Are You Keeping Your Wedding Vows?

by Gary Richmond & Lisa Bode

A personal inventory on integrity and commitment. How well do you fare?

We'd like to suggest that you assess the strength of your integrity and commitment to your wedding vows. Are you doing what you said you would do? Circle yes or no for each question. (You might also want to fill it out on each other, then check your answers against your partner's answers.)

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|-----|----|---|
| Yes | No | 1. Does your mate perceive that they are the most important person in your life? |
| Yes | No | 2. Is your mate the only person with whom you have been sexually intimate during the duration of your marriage? |
| Yes | No | 3. Do you keep small or large secrets from your mate? |
| Yes | No | 4. If you say you will do something for your mate, do you usually do it? |
| Yes | No | 5. Does your partner have hard evidence that they are cherished? |
| Yes | No | 6. Do you share confidences with other persons of the opposite sex that would hurt your mate if they knew? |
| Yes | No | 7. Do you get gifts from or for members of the opposite sex and not tell your mate? |
| Yes | No | 8. When your mate is ill, do you do things to comfort and make things easier for them? |
| Yes | No | 9. Are you better to yourself than you are to your mate? |
| Yes | No | 10. Does your partner admire you for your integrity and your ability to keep your word? |
| Yes | No | 11. Would your mate describe you as a kind person, especially in regard to the way you treat them? |
| Yes | No | 12. Do you cherish the idea of growing old with your mate? |

You can see by your answers whether or not you are keeping your vows. If you are not, you are setting your marriage up for a long fall. It takes very little effort to ruin a marriage. The formula is simple: Just break your vows. The rest of the destruction will follow naturally. If you have broken your vows, we have good news for you. You've probably heard the saying, "Today is the first day of the rest of your life." One possible reason that God invented sleep is so that we could get things right tomorrow. Most mates are actually quite forgiving and will respond quickly to a positive change in negative behavior. We recommend a sincere and remorseful apology, followed immediately by deliberate positive actions. That is the most effective formula we know for

turning things around.

If your vows are your priority, and you qualify as a person of substance in your marriage, then we applaud you! We encourage you to review this inventory from time to time, thinking of your own personal vows, the ones you took in your wedding. The goal is to look in the mirror from time to time, making sure you see the marriage partner you intended and promised to be. Then, walk away from the mirror and continue being a blessing to your mate.

We think Micah 6:8 sets a beautiful tone for a person of substance: *He showed you, O man, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.* ☺