

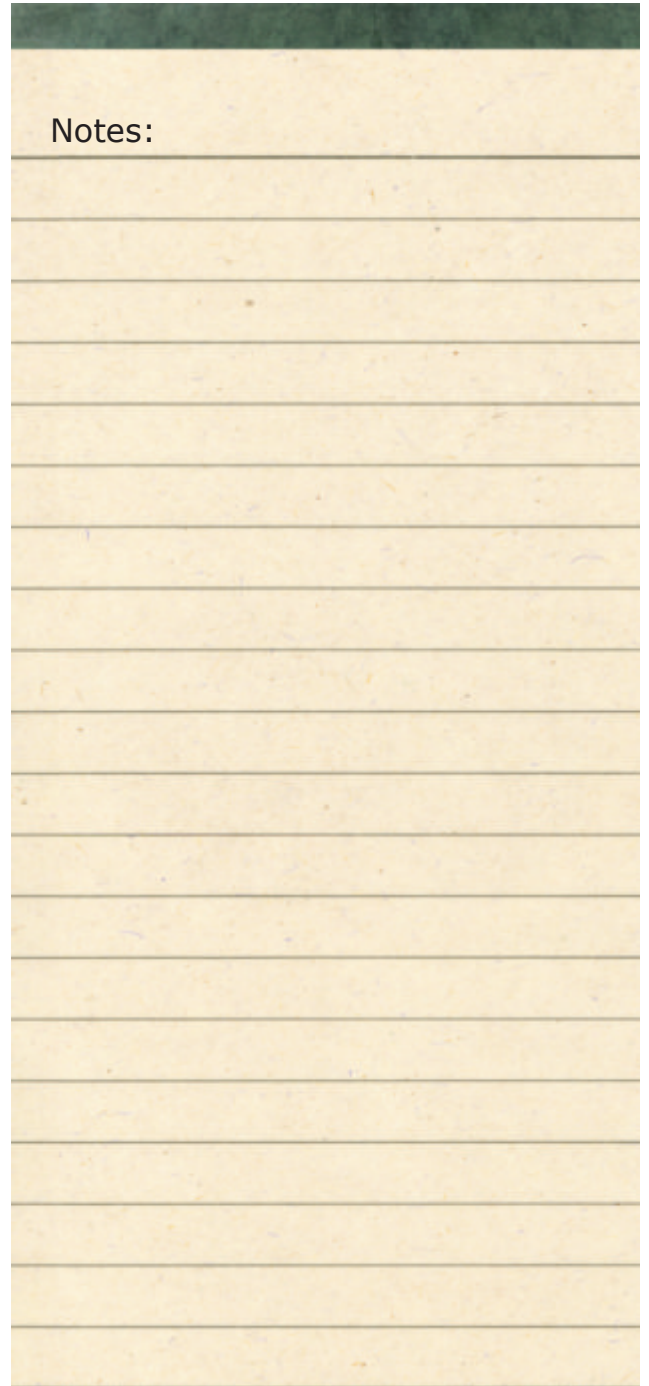


What Does It Mean When A Couple Falls Out Of Love?

In my role as a psychologist I have probably done more marriage counseling than anything else. I've dealt with wide range of personal difficulties, inter-personal difficulties, but I've done a lot of marriage work. And what commonly happens is a couple will come to me and say we've fallen out of love. What does that mean? What does it mean to fall out of love? And is that a remediable problem? Can that be changed? What does it mean? Well I would suggest that what it means to fall out of love is that certain feelings, certain excitement, certain expectations have not been met, certain feelings are not realized.

Now let me say something that's going to be a little bit hard to chew on. I don't think the key to marriage is staying in love. I don't think the key to marriage is maintaining that marvelous feeling that you had when you were a teenager or the day of your marriage or the honeymoon time. The key to a marriage is not maintaining that all. The key to a marriage is maintaining a commitment. So falling out of love might simply mean that the two of you have not been relating in certain ways that deepen the intimacy that is possible between a man and a woman and if that's what's happened and you've become bored with each other, you've become irritated with each other, you're just kind of old hats with each other and there's no more excitement to your marriage, don't try to restore the excitement, try to restore the love. Not the feeling of love, but the fact of love. And many, many times, more often than not, certain feelings will develop and you'll be thrilled to have the opportunity to

Notes:

A vertical sheet of cream-colored paper with horizontal blue lines, intended for taking notes. The word 'Notes:' is printed at the top left of the sheet.



move toward your mate in ways that are not always supported by the excitement of being together but are supported by your commitment to reveal God to your mate. Now, we're talking about a Christian marriage. We're not talking about a Hollywood marriage where as long as you're excited you stay together. And when you fall out of love you trade her in for a new one. That's not biblical marriage at all.

Notes: