

For Better or Worse: 5 Ways to Persevere in Your Marriage

Most couples promise to love their spouses for better or worse. You don't even have to be married to be familiar with probably the most well-known part of the standard wedding vows. I have to admit I can't remember much of the other parts of our wedding vows. But, for some reason that "for better or worse" sticks in my head.

Although most couples used that phrase in their wedding vows, I'm not sure they really knew what they were saying. My wife and I have definitely experienced both, and I'm happy to say that we've made it through. It hasn't been easy by any means, and I'm sure there have been couples that have called it quits at the slightest experience of "worse." It's probably easier to do than to fight through or to persevere.

Persevering is how I'd describe it for us during those times. My wife and I have gone through financial despair, homelessness, communication issues and even in-law conflicts. But that is the commitment we made, and we would not let anything tear us apart.

Here are five ways to persevere and to honor your promise to love for better or worse:

1. Remember your promise. Sometimes just remembering what you said you were going to do is enough to help you through. Even if it's not enough by itself, it is a great starting point.

2. Remember the moments. In the interview my wife and I did with Mark and Susan Merrill from Family First, the parent organization of All Pro Dad, iMOM and the Family Minute with Mark Merrill, Susan mentioned the counsel she got to look around at the scene on their wedding day. Remembering moments like this can help you push through.

3. Have help. One of the biggest things that helped us through the hard times we faced was the close friendships we had with other couples as well as their counsel. Without them being there for us and with us, we may not be where we are today—together.

4. Don't accept anything less than a fulfilling marriage. Sometimes it just takes buckling down and not accepting anything less than the best. It's not easy, but closing off other options will force you to work for it.

5. Depend on God. All of the above is great. But without prayer and faith in the promises we found in God's Word, our marriage would be nowhere or nothing like it is today. At the end of the day, that is the best thing we have is our commitment to God and to one another.

You may be faced with tough times, but don't give up. This is a season and things won't be like this forever. Keep that in mind and don't lose hope. My wife and I have persevered as well as other couples. And you can do the same too.

Sound Off!

What are you willing to do to persevere through the challenges you are facing in your marriage?

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