

How the COVID Crisis Is Affecting the Marriage Crisis

Recently, there have been so many instances of people whose marital relationships have hit a rough patch in this difficult chapter facing us. With people eyeing pandemic hardships, economic woes, civil unrest, loss of jobs and homeschooling, more than ever before, we face “grind” in our daily grind. Currently, marriage has a 50% chance of success, yet Americans still place a high value on the idea of lifelong marriage, despite all evidence that many people encounter marital obstacles.

In Croatia’s capital of Zagreb, two artists founded a gallery full of thousands of exhibits of the most bizarre genre. They named the institution “The Museum of Failed Relationships,” with a collection including a partially crushed lawn gnome that was hurled at the car of a departing husband. I hope you’re coming out of this COVID-19 season with no artifacts to add to this museum—but seriously, the struggle is real.

Social distancing and staying at home are key to reducing the spread of COVID-19 but may not be conducive for couples and pose disruption to marriage routines. The quarantine has exposed cracks in people’s relationships, and the tension created by enforced isolation has seen some unexpectant consequences. Yet, I’m convinced that this extended pandemic period can actually strengthen our connection with our partners in some unanticipated ways.

In our latest episode of *Keep it 100 With Sean and Christa Smith* on the Charisma Podcast Network, we share some practices that have helped our relationship during this extended season. I want to hit one fundamental principle that has kept us connected: Successful marriages are rooted in the understanding that you’re on the same team. These times can

highlight misunderstandings and miscommunications, so often our perspective can be shaded by our limited lens. Assume the best of your partner and trust what got you to the altar in the first place will get you through this virus stress too. Remember, heaven has given you a special bond and unity, and the other team (hell) wants to stir up division. Christa and I pray together, so as things get tighter, we get tougher. You can hear the full conversation on our latest episode, *Real Talk Wedlock: Love in the Midst of Quarantine*.{eoa}