

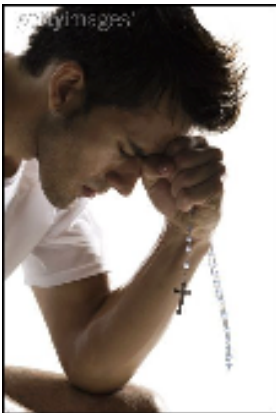
## Love is Patient

A hot-tempered man stirs up strife, but he who is slow to anger calms a dispute" (Proverbs 15:18).

Love is one of the most powerful motivators, and we are born with a lifelong thirst for love. Love is built on pillars of patience and kindness. All other characteristics of love are extensions of these two attributes. This is where our path begins, and that is with patience. When you choose to be patient, you respond in a positive way to a negative situation. You are slow to anger. Patience brings an internal calm during an external storm, unlike an impatient person that reacts in angry, foolish, and regrettable ways. All of these emotions will never make things better, but usually generates additional problems. Patience is a choice to control your emotions rather than allowing your emotions to control you, and show discretion instead of returning evil for evil.



If your spouse offends you, do you quickly retaliate, or do you stay under control? Anger is usually caused when the strong desire for something is mixed with disappointment or grief. Patience, however, makes us wise. It doesn't rush to judgment but listens to what the other person is saying as well as waiting to see the whole picture before making a judgment decision. A hot-tempered man stirs up strife, but he who is slow to anger calms a dispute" (Proverbs 15:18). Statements like these from the Bible book of Proverbs are clear principles with timeless relevance. Patience is where love meets wisdom. And every marriage needs that combination to stay healthy. Patience understands that everyone fails. When a mistake is made, it chooses to give them more time than they deserve to correct it. It gives you the ability to hold on during the tough times in your relationship rather than bailing out under the pressure.



Can your spouse count on having a patient wife or husband to deal with? If she locks the keys in the car, will she be met with a demeanor of anger, or understanding? It turns out that few people are as hard to live with as an impatient person.

What would the tone and volume of your home be like if you tried this biblical approach: "See that no one repays another with evil for evil, but always seek after that which is good for one another" (I Thessalonians 5:15). Few of us do patience very well, and none of us do it naturally. But wise men and women will pursue it as an essential ingredient to their marriage relationships. That's a good starting point to demonstrate true love. This love process is a journey, and the first thing you must resolve to possess is patience. Think of it as a marathon, not a sprint. Think of it as a race worth running.

**The first part of this Love process is fairly simple. Although love is communicated in a number of ways, our words often reflect the condition of our heart. For the next day, resolve to demonstrate patience and to say nothing negative to your spouse at all. If the temptation arises, choose not to say anything. It's Better to hold your tongue than to say something you'll regret.**

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