



## The Power of Consistent Behaviour

How would you like to be “the” couple?

You know the one: the couple that seems genuinely happy.

They speak kindly to each other and about each other.

Regardless of how long they have been together or what

season they are going through their marriage is thriving.

There is just something about this couple. Everyone enjoys

being with them and wants to know what their secret is.

What if I told you, I know the secret?

Honestly, it isn't a secret at all. It is something every couple can achieve. It is a very small, but powerful tool that, over time, can impact not only your marriage but other marriages that encounter yours.

The tool we are talking about is consistent behaviour.

Consistent behaviours are very powerful in a marriage. Most people take for granted just how powerful and impactful those everyday consistent behaviours can be. Why do we take this for granted? Because results do not happen instantly. This is something that takes time, intentionality, and effort.

We find a perfect formula for how we can be consistent in our marriage in Matthew 5:37.

Let your yes be yes. If you say you are going to do something, do it. Let your no be no. If you can't do something, be honest with your spouse about it. Communicate often. If things change, communicate the changes to avoid unnecessary conflict. By following this one Biblical principle, we can achieve greatness in our marriages.

Let me give you an example of how daily consistent behaviours can create great results.

My husband and I have a friend that accomplished a huge goal: he walked the entire 2,190-mile Appalachian Trail from start to finish. Thousands of people attempt to accomplish this goal in one trip every year, but only about one in four finish it. Our friend did it. How did he do something so big? He got up every day and said, “Yes” to walking in the same direction. Through consistent behaviour, he accomplished something great.

That's what consistent behaviour does for our marriages. It moves us in the same direction every day. You may not see the positive impact instantly, but over time as you keep making those consistent decisions in your marriage you will accomplish great things.

### Prayer

Lord, I want to be “the” couple. The couple that not only has a thriving marriage, but is helping others to thrive as well. I know it's going to take consistent behaviour over time for this to happen. Help me to start today and continue in the same direction so I can accomplish this goal and bring peace and trust into my marriage. Amen

### Action

Use Matthew 5:37 as a simple formula to start walking out consistent behaviour.