

## **HOW TO EMBRACE A NEW SEASON IN YOUR MARRIAGE**

*By Drs. Les and Leslie Parrott October 6, 2021 Blog post*

Every couple experiences many seasons of life over the course of their marriage. These seasons can be related to stages of life, challenges, stress, loss, abundance, and even the natural cycles of the year. When our marriages enter a new season, we must embrace it in order to continue moving forward together in a healthy way. We're going to share a few ways that you can embrace a new season in your marriage. Let's read and learn.

### **1. HONOR THE PAST BUT LEAVE IT BEHIND.**

During difficult situations in our relationship with our spouse, we might spend too much time focused on the past, looking back with nostalgia. While taking the positives from past experiences is wise, it's also possible to become bitter about a situation that we're facing today. Likewise, if we're unable to let go of past pain, we can actually hurt our marriage today.

It's important to honor past seasons, but respectfully leave them in the past. Don't hold onto negative emotions but you can, however, take the blessings and lessons you learned from the past and use those to inform your future.

### **2. BE GRATEFUL FOR THIS MOMENT.**

Focus on gratitude in the moment, no matter what is going on in your life. Gratitude can shift our perspective on many things, even when times are hard. When we focus on what we're grateful for, we can embrace the season we're in and overcome difficulties that might make us feel stuck.

Gratitude helps us move into a new season as we learn to embrace the moment for what it is and appreciate its blessings. Take some time to write down what you're grateful for and to talk about those things. Spend time with your spouse listing blessings and focusing on thankfulness. Whatever this season holds for you, navigate it with intentional gratitude in your heart.

### **3. CELEBRATE YOUR ACCOMPLISHMENTS.**

Another way to embrace a new season is to celebrate everything that's brought you to this moment. Look back and see all the ways you've overcome adversity together and come out on the other side stronger.

Whatever this season looks like, there is a positive accomplishment, or a milestone, that you can celebrate. If you're facing hard times, remind yourself that you overcame before—and you can do it again. Bring the joy of those victories with you to this new season & let them carry you forward.

### **4. LOOK TO THE FUTURE.**

During a new season of marriage, while staying grounded where you are and grateful for what you have, looking toward the future can also help you to embrace where you are right now. Spend a time dreaming of where you're headed. Where might this season take you next?

You don't want to live in the future so much that you're not present in the moment but do consider what's coming next. What's this season leading to? Seeing the coming transition and the future potential of where you and your spouse could be going together will help you take that next step when it's time.