

Lesson 1: Consideration & Respect — Where Emotional Peace in Marriage Actually Begins

This lesson is about how peace in a marriage really starts. Peace doesn't come from luck or tricks. It begins when one person makes a choice inside to treat their spouse with **real consideration and respect**.

I learned this many years ago from a scripture about husbands treating wives well. More precisely, I began meditating on the Bible verse that says:

Husbands, treat your wives with consideration and respect so that your prayers will not go unanswered.

Without telling my wife anything about what I was doing, I changed my behaviour. I decided that I should try to treat my wife with consideration and respect every minute of every day.

Without either of us saying anything, my wife changed her behaviour too. And to this day we are still trying to treat each other with consideration and respect every minute of every day.

As you may imagine, the rewards are tremendous.

When one person changes how they act consistently — even without talking about it — the other person often starts to respond better too.

Luck Has Nothing to Do With It

When you see a couple still deeply at peace after decades together, it's tempting to call it luck. But marriage does not run on luck.

It runs on:

- * **Compromise**
- * **Forgiveness**
- * **Overlooking faults**
- * **Shared responsibility.**

Love is not sustained by intensity. It is sustained by mutual giving, patience, mercy and respect This is learned over time — quietly, imperfectly and intentionally.

Trying to talk more or fix problems only works if respect and consideration are already there. So first, notice and practice being respectful and considerate, even when it's hard. This brings safety, peace, and slowly helps the relationship grow.



If something in this helped you see your marriage—or yourself—more clearly, you're welcome to DM me and let me know. There's no pressure to have results or answers. I simply appreciate hearing what resonated.

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