

Lesson 10 — Commitment: The Hidden Structure That Holds a Marriage Together

Commitment Is What Really Holds a Marriage Together



Being married doesn't automatically mean a couple feels close. **Commitment** is the choice to stick with your partner emotionally, mentally, and for the long term — not just the act of staying married.



Commitment Changes How You Act

When you decide you are fully in the marriage:

- You argue less destructively.
- You forgive faster.
- You focus on solutions instead of thinking about leaving.
- You feel safer emotionally.

This decision creates a **safe space** where connection can grow. It makes problems easier to solve and trust stronger.

Commitment Creates a Deeper Kind of Love

Romantic love can be loud and exciting at first, but real marriage love grows quieter, stronger, and more lasting over time. That deeper love happens **because the couple stays together long enough for it to form.**

Honouring Each Other Builds Commitment

Honouring your partner means you trust their intentions and abilities, even when it's easier to doubt them. This helps emotional loneliness disappear.

Commitment Shows Up in Daily Actions

Commitment isn't about big gestures. It grows through:

- Small habits
- Tough choices that put your partner first
- Daily care
- Being consistently present

These small moments strengthen trust and connection more than dramatic events.

Emotional Loneliness Goes Away When Commitment Is Real

People feel alone when they sense uncertainty, half-hearted interest, or conditional love. But when commitment becomes a mindset — a firm choice — connection becomes easier and safer.

How to Build Commitment Today

- Decide clearly: "I choose us."
- Do a small act of honour daily.
- Stop using "exit" language like "Maybe we made a mistake."
- Use team language like "We'll figure this out."

Big idea:

Commitment isn't a feeling — it's a decision that creates stronger feelings and a deeper marriage.



If something in this helped you see your marriage—or yourself—more clearly, you're welcome to message me and let me know. There's no pressure to have results or answers. I simply appreciate hearing what resonated. Peter Enns ... aka marriageguy7 (on Instagram)

PS: Yes, those pictures at the top are my wife and me.

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