

Healthy Marriage Tips from A to Z
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Empower Your Spouse

My Darling, Jet Fuel - Matt's Thoughts

Think back to one of your best teachers, coaches or mentors.

They helped you become better. Without them would you have become better in that area of your life? I doubt it. They empowered you.

I really like the word *empower*. I used it in the [Appreciate Your Spouse](#) and [Dream Together \(part two\)](#) posts. I've been empowered by the Holy Spirit and the Spirit working through other people. Because of that empowerment, I am able to help others. I have the heart of a coach/teacher. Training, equipping and inspiring others brings me joy. It thrills me to invest in others and watch them succeed.

I have to "Amen!" an article Laura wrote in her [Being Your Husband's Help Meet series](#) titled, [Make Him or Break Him](#). We can help our spouses become better and in turn they pass on that energy to others. We can suck the life out of our spouse and become upset when our relationship withers. Another choice we can make is to let our spouse fend for him/herself and see what happens. If I was being torn down by Laura, I don't know that I'd be able to train, equip and inspire others or that I'd be thrilled to see others succeed. I'd be in survival mode relationally.

Instead, she is propelling me toward greater works. She's not merely a support, but my jet fuel. Usually I call her "Sweetie." Other times it's, "Babe." But she's really my, "Jet Fuel".

My Biggest Fan - Laura's Thoughts

Whether I'm standing in the church foyer, watching games at the soccer field or making my rounds at a family reunion - these are the statements I hear from others: "Matt told us about the great dinner you made tonight." "Your hubby was bragging on you earlier when we were talking about how our week's been going." "Matt shared with us some of the writing you've been doing - way to go!" "It was great to catch up with Matt earlier. Sounds like you're Miss America!"

Well, I guarantee you I'm barely Miss Matched Socks most days, *much less* Miss America - but in Matt's eyes...I'm all that and more. It's humbling, it's gratifying...it's *empowering*.

If Matt thinks I'm "all that" - I consider it a challenge to live up to, as well as an honor to be so highly esteemed in his eyes. He's not blind to my weaknesses. He knows my struggles better than anyone. But he values me and has confidence in me. His support of my efforts truly empowers me to become a better, more godly woman.

I cannot think of a more precious gift I'd rather receive from my beloved.

Are you tearing your spouse down, or are you working to empower them toward a more godly, productive life for the Kingdom?

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