

*Healthy Marriage Tips from A to Z*  
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## Jubilee

### Restart Button - Matt's Thoughts

In the Old Testament (Leviticus 25) we read about the year of Jubilee. Land that had been sold to pay debts was returned to its owner and people who sold themselves as servants were set free so that people in desperate situations would not be taken advantage of. Using a modern day analogy, the restart button was pushed. This was to be practiced every fifty years. In a healthy marriage Jubilee takes place more often than every fifty years. Usually we call it forgiveness and it must occur often. Forgiveness is a MASSIVE component in marriage. We need to push the restart button, offering Jubilee to our spouse, and we need it pushed for us, receiving Jubilee from our spouse.

Several years ago, I really needed Laura's Jubilee. I was playing computer games late into the night for many nights. I wasn't getting the sleep I needed which led to all kinds of consequences that Laura took the brunt of, and more importantly we were not spending the end of the day together connecting with each other. She expressed to me her desire for us to be together more and I agreed, but I was lacking in self-control and did not follow through with my agreement...for waaaaaaaaaaaaaay too many nights. This hurt Laura as she felt like I was choosing games over her. She was right, I was choosing games over her, not willfully, but due to immaturity, selfishness and - I'll be blunt - stupidity.

I hurt my wife and I needed the restart button. Thank you Laura for pushing the restart button. (As a side note, we jointly made a plan that has moved us past those issues.)

### The Chosen One - Laura's Thoughts

Issues with computer games in a marriage may seem petty to some of you who have experienced painful betrayal in areas such as pornography or infidelity. We realized that at the time of our struggle and we realize it now. But the issue remains the same: I want to be Matt's chosen one. He wants to be mine.

**Anytime you choose something or someone instead of choosing your spouse - you're making the wrong choice.** That's not what this post is ultimately about, but please hear it loud and clear. Beyond your relationship with the Father, your spouse needs to be your first priority, so **let go of yourself and choose your beloved.**

That's exactly what Matt did. He made the decision to grow through his selfish desires - and he chose to put our relationship first. I became his number one again.

But even so, Jubilee didn't occur until I had truly forgiven the hurt he had caused me by what I had felt as neglect. If Matt had made the changes I asked him to make, and then I had simply shrugged and said, "Well, it's about time," our marriage may not be in a much healthier state than it had been.

We had to push the restart button. I had to truly forgive, and together we came up with a plan that worked to grow our healthy marriage. There is no room for bitterness in a marriage that is moving forward toward greatness.

Don't wait 50 years for Jubilee. Forgiveness starts today.

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