



Be H.O.T. on VALENTINE'S DAY for your Spouse

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The best advice for the best results through Valentine's Day and beyond is for MARRIED COUPLES to be **"H.O.T."** with each other. Be **HONEST, OPEN, and TRUSTING.**

In other words:

Honor your spouse by being **honest.**

Be **Open with your spouse.**

Trust your spouse.

Let's talk about this: Can anything top your relationship better than being **"H.O.T"** with your spouse?

1 Be Honest.

I know that keeping that "secret" from them is what you want to do. If you tell them, they'll get mad. But guess what, after our 53 years of marriage and many years of counseling couples, we believe they are going to find out anyway and will be even madder. So just be honest and tell them. If there is something on your mind, in your heart, or you've done something that you know is wrong, "BE HONEST." Sometimes you think of something, you don't want to tell right away, try to always consider that "being honest is the best policy". Listen to what Tim Ross states:

“Sometimes you have to risk offending your spouse or loved one to really show them that you love them” (Tim Ross is the senior pastor of the multi-ethnic, multi-generational Embassy City Church in Irving, TX)

2. Be Open in sharing yourself and in **Over Loving** your Spouse.

The happiest marriages show gratitude. Just saying, “I’m thankful for you and what you do.” Doing little things that express thankfulness goes a long way. Don’t take each other for granted. Common courtesies expressed during dating and the honeymoon can fade away after being married for years. Often these courtesies are shared daily with coworkers, bosses, friends, and even strangers, but are over looked at home. **Over loving** you spouse needs these common courtesies as well. The silence is deafening when love is unhealthy, and you start focusing on one’s shortcomings. Overlooking the good things in the relationship dulls the excitement of true love. To avoid this “hang up” on Valentine’s Day, be **H.O.T.** with your spouse.

3. Trust your Spouse

Trust bonds your togetherness. Of all the men and women in the world, you have chosen each other for life. Do you know how much trust that is? Trust is like going on a long journey with a full tank. Lack of trust is like the E-(Empty) on the gas gauge. It is a danger sign, a warning that you will run out of gas. Don’t run out of “TRUST!” Trust is a “GIFT” you give to each other. It is not an ENTITLEMENT – the belief that one is deserving of or entitled to certain privileges, to be catered to, or seek a refund. It is a “Win, Win” hand in hand journey along life’s highway together. She/he is a worthy gift from God.

So be **H.O.T.** with your spouse and look for every opportunity to stay **HONEST, OPEN and TRUSTING**. Can anything be better?