

Marital Fitness

Some of the most fascinating stories during the Olympics were the stories about the training schedules of the athletes. The amount of discipline they show is unbelievable. Being an athlete is not enough. They have a passion for their sport and train to be the best. Below are a few great quotes from Olympic athletes:

"The most important thing in the Olympic Games is not winning, but taking part; the essential thing in life is not conquering, but fighting well" - Pierre de Coubertin, founder of the modern Olympic Games

"Olympics - a lifetime of training for just ten seconds." - Jesse Owens, summer 1936

"The first thing to love is your sport. Never do it to please anyone else. It has to be yours." - Peggy Fleming, winter 1968

"I swam my brains out" - Mark Spitz, summer 1972

"When I race, my mind is full of doubts - who will finish second, who will finish third." - Nouredine Morceli, summer 1996

"I want to change the sport of swimming. I want people to talk about it, think about it, and look forward to seeing it." - Michael Phelps, summer 2008

What is your marital fitness? Do you have a passion for your marriage and want it to be the best it can be? To be the best, you have to train, whether it is for the Olympics, your profession or your marriage. Ask yourself what kind of training you have done this year for your marriage. Have you read any books, been to any seminars, talked with your spouse about areas for improvement, found a mentor to challenge you to be an even better spouse?

During the coming months, we'd like to challenge each of you to focus on training for your marriage. It's time to change the sport of marriage. Make people talk about, think about and look forward to seeing it.

Blessings,

Brian and Trudy

Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.

- 1 Corinthians 9:25