

WHEN YOUR SPOUSE DOESN'T WANT YOU ANYMORE

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Love brings people together in marriage to share their lives till death parts them. When love weakens or dies, marriage dies. No man marries for unhappiness, but for happiness. When that is not being achieved, separation and divorce is contemplated. As a result, many marriages break up before death separates them. Living with a difficult partner is not an easy task. It is painful, torturing, disheartening, sickening, and depressing. It is indeed a difficult position to be.

When marriage becomes weighed down by different challenges, negative emotions rise within the participants in the relationship, and begin to eat deep into them. If not checked and managed on time, the marriage will break down under its weight. When one of the couple begins to show signs that he or she is fed up with the marriage and wants to quit, it complicates the matters and makes it more difficult for the problems confronting the marriage to be resolved.

1 Cor 7:10-11

10 To the married I give this command (not I, but the Lord): A wife must not separate from her husband. 11 But if she does, she must remain unmarried or else be reconciled to her husband. And a husband must not divorce his wife.

NIV

Many reasons are responsible for married couples wanting to walk out on their marriage:

1. Fatigue in trying to make their marriage work against all the challenges that confront them.
2. The presence of a new lover in the life of one of the couple.
3. Dwindling finance, failed business, or bankruptcy of the breadwinner in the family.
4. The failing health of one of the couple.
5. Great opposition and pressure from in-laws.
6. Interference, misguidance, and manipulation by parents and family members of one of the couple.
7. Wrong influence from friends and associates.
8. Pride in one of the couple as a result of promotions, growth of business and steady upward movement in the pursuit of career.
9. Stress and depression.
10. Being bullied or beaten up from time to time.
11. Unwillingness of one of the couple to change a bad habit or character that is hurting and offensive and irritating to the spouse.
12. Bitterness as a result of an offence or hurt suffered in the hands of the spouse.
13. Lack of sexual satisfaction from the spouse.
14. Inability to conceive as a result of health or spiritual problems.
15. Inability of husband to make wife pregnant.
16. Partisan in handling the children.
17. Discovery of the infidelity of trusted and loved spouse.
18. Too much quarrel and misunderstandings over issues.
19. Satanic spell and manipulation on the couple and their marriage.

You could be the one who is on the receiving end in any of the above reasons. You still can overcome and make your marriage work. Whatever be the situation, God still want marriage vows to be kept till death. You could be in a situation where your spouse doesn't love you anymore and all his or her words and actions reveal a strong desire to leave your marriage. May be a big gap already exist showing a breakdown of communication, or an unwillingness of your spouse to communicate with you and discuss whatever the concern may be. It may be that you are already tired trying to get your spouse to respond to your love and affection. It is indeed difficult to be in that condition. I will like to share what a man or woman under such condition should do.

What to do when you discover that your spouse doesn't want you anymore:

1. **Make a decision not to allow the issue to weigh you down so much that you can't think straight.** Worry and anxiety beclouds a man's mind, and makes it difficult to make right decisions. Negative thoughts about your marital situation will stifle right thinking, and make it impossible for you to feel right and approach the situation the best way. Negative thinking can affect your health badly.

Prov. 27:19

19 For as in water face answers to face, so the mind of man reflects the man.

RSV

Prov 4 :23

23 Be careful how you think; your life is shaped by your thoughts.

GNB

2. **Make every effort to get your spouse to open up again to you, discuss the development, and mend fences.** Communication settles a lot of human problems. Many times, there are misunderstandings and misconceptions of each other's words, intentions, moods, expressions and actions. Communication exposes all these and resolves them. Dialogue will greatly help your marriage overcome difficult times like this.
3. **Get people you know that your spouse respects to reason with him or her with the aim of resolving the crisis and healing your marriage.** It is true that many couples do not want third parties to come into their marriage, but when situation gets out of hand and marriage threatened, it becomes necessary that you invite a close and wise friend of the family to intervene. A Pastor or minister of the gospel or effective marriage counselor can help at such a time, especially the one your spouse is familiar with, listen's to and can confide in.

Prov 11:14

14 Where no counsel is, the people fall: but in the multitude of counsellors there is safety.

KJV

4. **Go to God in fervent and consistent prayers until your spouse turns a new leaf.** God is always there for us when we need His help and cry to Him for support and assistance. He will deliver you from all your troubles. There is no marital challenge

that God cannot handle and solve for those who look to him. Change does not come by fighting and quarreling, but by the working of God's Spirit. Give yourself to God in prayer for your spouse. Keep praying until change occurs. If you want your spouse's attitude towards you to change for the better, spend quality time daily to pray for your spouse and your marital relationship. Prayer is effective when it is prayed in faith. Do not allow yourself to be distracted when it appears you are wasting your time praying and believing for a change by the reason of your spouse words and behaviours. Stay focused, and continue to pray in faith, and soon, you will be celebrating.

1 Thess 5:17

17 Pray without ceasing.

KJV

5. **Encourage yourself with the word of God by regularly reading and meditating on the word of God, especially scriptures that speaks of God's abiding presence and commitment to your person and your marriage.** God's word gives strength and keeps a man focused in life. The word serves as an encourager and a faith builder for the battles of life. Spend time with it and allow it to make you strong on the inside.
6. **Just as you prepare for the best, so also prepare for the worst.** In case your efforts and efforts of those you invited into the matter, did not yield the positive result you anticipated, do not allow the situation to put you in disarray. Prepare your mind to you handle the situation without losing your peace and getting your life short down.
7. **Believe you can be happy with or without your spouse.** You can make it in life without fail if only you will trust the Lord and follow His guidance. If you do not open your mind to negative and depressing thoughts over your marriage, you will be happy and enjoy life and your career alone or with another partner. Your life cannot close up simply because you lost your marriage. That your wife or husband does not want you anymore does not mean your life is ended. It is not ended until you throw in the towel and wish to live no more.
8. **Believe, that your spouse does not want you anymore, does not mean you are useless to the world, or you can never be happy again in your life.** If you don't let your situation to take hold of you, you will definitely be on top of the situation and make your life worth living. It is true that love is not easy to let go and bonding of a long period of time is not easy to break, you have to detach mentally and emotionally to be able to enjoy the rest of your life. I believe that when one door closes, another door will open. Life must go on, and you must do everything within your power to enjoy every minute of it. You must learn how to make most of every opportunity.
9. **Believe, your life does not end with the end of your marriage.** You are the one who makes life say yes or no to you. The death of your love life with a particular person does not mean the death of your person. As long as you can still breathe, you can become anything you want to become, achieve anything you want to achieve, have a new and rich rewarding relationships, and be happy the rest of your life. Don't end your life with the end of your marriage.

- 10. Keep your thoughts pure and positive no matter how things turn out in your marriage.** Do not become a sadist as a result of your broken heart. Do not allow bitterness to settle in your heart, for it will destroy you faster than the failed marriage will. Do not allow your mind to dwell on things that can deepen the wound in your heart, but dwell on thoughts that will help lighten your heart and bring quick healing and recovery. Do not allow your thoughts to make you hate people of the opposite sex. Everybody is not the same. That your spouse disappointed you does not mean all have disappointed you. Do not see a gloomy future alone, but a beautiful future with God on your side.

WORD OF WISDOM

- 1. Love is the medicine that heals every wound. Apply it.**
- 2. See yourself in your spouse and your spouse in you. That is God's concept of oneness in marriage.**
- 3. Secrecy destroys trust. Without trust, marriage cannot work.**
- 4. The proof of love is the investment of time.**
- 5. Submission is a strengthener of love, while rebellion is a killer of love.**
- 6. Him whom you submit to will love you more.**
- 7. Love is like wine, it intoxicates. Does your love for your spouse intoxicate you? Measure it.**
- 8. He who speaks into your marriage programmes you for success or failure.**
- 9. Marriage is all about relationships. Your family and neighbours are schools of relationships. How well you do in these schools, will determine how well you will do in your marriage.**
- 10. Self-control is a virtue you can't do without in relationships. Develop it.**
- 11. Listen to others when you talk.**
- 12. Only you can't be wise, and every other person a fool**
- 13. Feeding your laziness with excuses is fatal. Watch it!**