**5 Ways to Persevere in Your Marriage**

**for Better or Worse**

<https://www.allprodad.com/5-ways-to-persevere-in-your-marriage-for-better-or-worse/>

Most couples promise to love their spouses for better or worse. You don’t even have to be married to be familiar with probably the most well-known part of the standard wedding vows. For some reason, that “for better or worse” sticks in one’s head.

Although most couples use that phrase in their wedding vows, many may not fully appreciate what they were saying. Most couples who have been married for more than just a few years have most likely experienced both better and worse. Certainly, it’s not easy by any means to get through the tough times. And, unfortunately, there have been numerous couples that have simply called it quits at the slightest experience of “worse.”

Persevering is how many couples might describe getting through those tough times -- persevering through financial despair, homelessness, communication issues, personality differences, priority issues, and even in-law conflicts. Perseverance, coupled with commitment, becomes a pretty sturdy platform for couples to survive marriage turmoil and tough times, even the worst times.

Here are five ways to persevere and to honor your promise to love for better or worse:

1. **Remember your promise**. Sometimes just remembering what you said you were going to do is enough to help you through. Even if it’s not enough by itself, it is a great starting point.
2. **Remember the moments**. Reflect back on when you met each other; when you were dating; when you became engaged; your wedding day; your honeymoon. Remembering moments like these can help you push through.
3. **Have help**. Turn to close trusted friendships for support and counsel. Be careful whose counsel you accept.
4. **Don’t accept anything less than a fulfilling marriage**. Sometimes it just takes buckling down and not accepting anything less than the best. It’s not easy, but closing off other options will force you to work for it.
5. **Depend on God**. All of the above is great, but without prayer and faith in the promises we find in God’s Word, our marriages would likely be on thin ice. At the end of the day, the best things we have are our commitment to God and to each another.

You may be faced with tough times, but don’t give up. There are seasons in life and in marriage, and a challenging season won’t last forever. Seasons change. Keep this in mind and don’t lose hope. Persevere and you can save and strengthen your marriage.