

The Marriage Playbook™
How to Play In a Marriage Super Bowl?
Episode 3-Attitude for Winning
By Ace McKay



*Things don't happen **to** you they happen **for** you.*
~Anonymous

During any game of any sport, you'll find a rally of a team on the sidelines or locker room. It might be before the game when the team is preparing to face what's ahead of them. It might be during the halftime/period intermissions when the team needs to stay focused to hold a lead or come from behind.

The attitude of the players in need of a pep talk, this rallies their teammates to know that they are capable of anything; even when a team loses they find what they are made of when they play till the final buzzer/whistle.

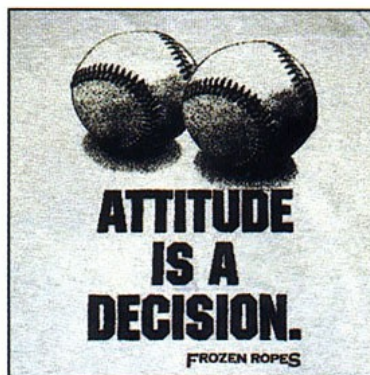
In your marriage, you find what you are made of in the face of crisis and victories by looking at the attitude you have while facing them both. It's easy to have a good attitude when you conquer those tough opponents but sure enough as you get comfortable or cocky, you are facing the wrong attitude going into the next game. There are 3 ways you can change your attitude and improve your marriage today.



- 1) **Be Hopeful.** The key to remember in having a hopeful attitude is that things don't happen *to* you they happen *for* you. The Bible is full of stories about things that happened to people and how they dealt with; How God used that event to help them or others. I've heard doctors, whether they believe in God's intervention or not, say that patients who know there is hope or faith that God will see them through it, are more likely to make it than those who have no hope. If you find this to be difficult, I challenge you to do two things. One, ask for God to show you where He does exist in your marriage. You will

be surprised that He's been there all along, but you couldn't see it. Two, give those areas in your marriage that need work to God and just surrender it. Don't go back and pick it up, thinking you know better. If you did, that area of your marriage wouldn't need any extra attention.

- 2) **Be Responsible & Take Ownership.** When there are areas that you know you can change about you, own that verbally to your spouse. Let them know that these are areas you are working on. That gives your spouse a chance to pray those things for you or at least see that you are trying to be better in your role as husband/wife. NOTE: If you are a husband, this is a great leader characteristic that your wife needs to see in you. The Bible says we have to be the spiritual leader. Taking ownership shows that you are putting her first. The turn around can make her want to change as well but she needs to see that in you.
- 3) **Expect The Expected.** Pray as if everything depends on God and work like it depends on you. There are things that are going to come at you and your marriage. Planning for things like, kids, job change, buying a house, losing a parent/a child, etc. is the beginning to setting up a playbook in your marriage. 10% of any crisis/event is what happens to you and 90% is how you react to it. I've found in my marriage that when I start to react with less anger, more hopefulness or prayerful attitude, knowing that God knew this was coming, I tend to make it through it with a better attitude than to go with my instinct to over react.



You've probably heard people say that stressing out over matters you can't control doesn't make that crisis any better. We only lose sleep, don't eat or the

like all because we worry for nothing. I can almost guarantee that never in the history of the world has something worked out because someone worried about it.

So how do you get to the whatever-it-takes attitude?



It first starts with humility. Breaking away from the “me” attitude is never easy because we’re human. If you grew up in the 80s, which has been named

the “me” decade, the attitude of “I deserve this” or “You should do this for me because . . .” has managed to take over. Some might say “destroy,” the team efforts in the work place, in the home, and in society in general. If you’ve found that you live in a “me” attitude lifestyle, the adjustment is never easy but should and needs to be shifted to an attitude of Whatever-It-Takes. Humility sometimes starts with a “slap” in the face. Anyone who has ever been fired from a job can tell you how fast you’re humbled when your comfort zone is rocked beyond belief. It’s a “slap” of humility.

The Whatever-It-Takes attitude is what makes us better people. It makes us a team player at work and at home. It can make companies and families a more productive place.

You have the ability to make choices. You have the ability to choose to make a difference in your life and in the lives of those around you.

Don’t see your life or your circumstance as a reason to wait for someone else to do something for you. Sometimes there is

protocol that goes with certain environments. For example, when you were fresh out of high school, you're not just going to be hired as a CEO of a company. You have to start at a lower level position of management and work your way up. For that, you need to apply the "Elephant eating principle." Eat the elephant one bite at a time.

Whining and excuses about how the world "owes" me this is a lie to yourself and it gets you nowhere. *You have to earn it.*

You may be new to have this sort of attitude and if your spouse doesn't respond positively to this right away, just stay with it.

Consistency will prove to them that you are changing for the better.

Success and progress are things that we want but feel we have no control over. It's just not true. It starts with your mindset; your attitude.

Before you try to fix ANY crisis, the most important place to start is with your walk with God. Where are you in your relationship with God? If your walk needs fixing that could be the real problem; not your marriage or your spouse. 2 Samuel 22:2-4 reminds us that you never outgrow your need to depend on God.

He created marriage, why wouldn't he want it be best marriage possible? Committing to have a marriage that revolves around what God wants you to have starts with your walk, then having a team mentality. I have two paperweights on my desk with these phrases: *"Companies Don't Succeed, People Do."* & *"We become successful by helping others become successful."*



These are team driven sayings. A teammate makes his team play better, when he plays better. What areas of your game need adjustment? Even if you don't win the Super Bowl, it's still an amazing journey just to get there and play your heart out. Your marriage is worth an attitude of knowing you are capable of so much more and can make it to the big game.