



Are You A Runner?

I sure am. No, I'm not talking about the type of runner who throws her legs over the side of the bed every morning, laces up her running shoes to dance awhile on a concrete stage. I'm talking about the runners who flee when anything tough comes their way. Escapees from their prison of pain.

The earliest memories of running bring me back to my childhood when my little brother accidentally stepped on my toe. That was all it took. I bolted out of our house, slamming our white aluminum screen door behind me as I ran down the street, fleeing from the hurt.

When I was enormously pregnant with my second child, I recall having an argument with my husband. In minutes, I found myself in the middle of a movie theater line with tears softly plopping into my bucket of buttered popcorn.

I've learned to curb my running habit. No longer do I run out the front door. But, I have been known to walk to the other side of the house, or scoot to the far side of the bed when I'm hurt. It's easy to let a five-minute argument blossom into a weekend event, isn't it? Leaving the scene of the crime has never been helpful. It has only prolonged the reconciliation process.

Over the years, I learned God's word is the blueprint for a healthy and happy marriage. Marriage was God's plan. He created it. So, who better to fix it when it's broken? I wouldn't take my car problems to my hairstylist, or my computer problems to my dentist. So, why was I taking my marriage problems to my single-girlfriend, my unhappily married coworker...or Oprah? *Who's never been married, by the way.*

Running is unhealthy for a marriage. Pain is inevitable. Fleeing from it isn't always the best answer. Meeting it head-on is difficult, but so worth it. It's been a very long time since I've ran. My running shoes are packed up and put away. I'm not sure I could find them if I tried. For now, I know the One who can make my marriage healthy and strong. And, until He calls me home, the only place I plan on running is into the open arms of my husband.

Scroll down to discover ways to keep your feet firmly planted in your marriage!

9 Ways To Keep Your Running Shoes Firmly Planted on the Ground!

Be devoted and give preference to one another. Romans 12:10

Accept one another. Romans 15:7

Care for one another. 1Corinthians 12:25

Carry each other's burdens. Galatians 6:2

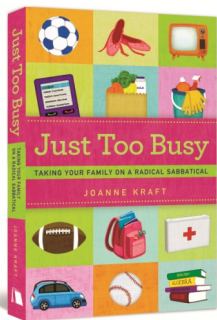
Forgive one another. Ephesians 4:32

Encourage, build up one another. 1Thessalonians 5:11

Spur one another on to love and good deeds. Hebrews 10:24

Confess your sins to one another. James 5:16

Pray for one another. James 5:16



Joanne Kraft is a recovering too-busy mom and the author of *Just Too Busy—Taking Your Family on a Radical Sabbatical*. A sought-after speaker, Joanne's articles have been published by In Touch, Thriving Family, ParentLife, Marriage Partnership, Today's Christian Woman, P31 Woman and more. She's appeared on CBN News, Focus on the Family's—Your Family Live, and Sacramento & Co. In her spare time she works as a 911 dispatcher. Joanne fights busyness in California with her husband Paul, their four children, and a beagle with a slight weight problem.

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