

by Karla Downing



Are you looking for Christian marriage help for your difficult marriage? When you are stuck in a difficult marriage with overwhelming problems, it is easy to become a victim or a martyr.

You can't change your life when you don't even accept that you have the power or right to change it. Victims and martyrs go around acting like they have no other option but to continue bearing whatever life is handing them. Not true. You always have choices. If you choose to stay in your difficult marriage because you believe God wants you to, you can know you are choosing to stay. That gives you a sense of power: you are doing it because you believe you should. That means you aren't a victim-you are a person of conviction who is doing what she believes God wants her to do.

Martha came to Jesus in [Luke 10:38-42](#) and complained that she was the only one working to prepare things for him. She came to Jesus with the view that she had no choice but to do all the work and she was angry that her sister, Mary, didn't do as much as she was doing. Jesus

Christian Marriage Help: Give Up Being a Martyr or Victim

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recognized there was another choice: She could choose to sit and relax and just be with him. She didn't have to sacrifice and do it all or anything for that matter!

You can take control of your life and decide what you are willing to do and not willing to do; what you have to do and what you can choose not to do; what is good for you and not good for you. Knowing you have options-even if they are limited by the problems with your husband-is empowering. All of us need to have control over our lives. There is no reason to give up that control voluntarily.

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If you need more practical tips and Biblical truths to help you change your relationships, get my FREE "15-Day Relationship Challenge" designed to give you back the power over your life.

Just click here: [Free 15 Day Challenge](#)

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