

Empty Nest.
It's time to spread *YOUR* wings.



Life After An Empty Nest

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The level of health of every marriage relationship is based on the habits **the spouses practice toward each other on a consistent basis**. If a husband and wife are kind, understanding, patient, spiritual, nice, dependable, honest, thoughtful, forgiving, helpful, and make their marriage relationship priority, marriage will be a little heaven on earth. The opposite is also true.

By being irritable, impatient, sarcastic, unforgiving, selfish, dishonest, undependable, mean, spiteful, cruel, and disconnected for not making marriage their priority relationship, this type of marriage relationship will become conflicted and devitalised.

What is commonly known as empty nest syndrome is a sensation of loneliness felt by parents or other adult caretakers (guardians, grandparents, aunts, uncles, etc.) when one or more of their children leave home to go to school, get married, or simply move out on their own. While these feelings of loneliness are more likely to be experienced by women, men often experience them as well. These feelings develop when parents feel they are becoming less influential in the lives of their child or children, while the authority or influence of others (professors, spouses, friends, etc.) seems to be growing in importance.

It is essential for married men and women to understand marriage needs to be the primary relationship in their lives. As much as one loves one's mother and/or father, when one gets married, the spouse becomes the highest priority relationship after God. This is not our opinion, it is God's directive. In Genesis 2:24 God says: "Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh." This means marriage is the only relationship under the sun where we get to become one with another person. We cannot (must not) become one with our son or daughter, that oneness is only reserved for our spouse.

When children are born to a married couple, there is a tendency for the child (or children) to become the focus of primary attention. As babies are helpless and need the attentiveness of responsible adults to survive and thrive we have the predisposition to go over board and become careless with each other. A husband or wife feels justified in taking this approach the marriage relationship will take a back seat and naturally deteriorate.

If not careful and caught early, this pattern may continue until the child or children leave home, rendering marriage a distant, often cold, and spark-free relationship. Those who are married and still child free, should be intentional about making their spouse the priority relationship even when children come. Should they follow this course, when their children leave home they will still have each other for support, love, and affection, and the spark will still be in their marriage. If they have done differently, they should have a serious conversation with their spouse about the reality of their marital relationship. They should ask their spouse for forgiveness, then find a good Christian counsellor that can help them talk through the hurt and pain of the past in order to get a new perspective on the type of marriage they want to have. Dealing with this matter with the help of the right professional will clear the way to reignite the spark they once had.