Navigating the Rapids

From: *10 Great Dates to Energize Your Marriage*

Have you ever gone kayaking with your spouse or friend? If so, you know how easily kayaks can drift away from each other if you simply allow the water currents to push you along. Staying together requires effort – intentional paddling and steering. And it’s likely no surprise to you that the same principle applies to marriage. There are many challenges in the river of life. It is infinitely easier to meet those challenges if you and your spouse are paddling and steering together – and infinitely harder to do so when you’ve drifted apart. That’s just one of the many reasons it’s important to have an intentional way to steer your boats back together again.

Perhaps you’ve never tried kayaking, but you’ve experienced whitewater rafting and lived to tell the tale. Typically, on a whitewater rafting experience, the journey starts out easy and fun – you simply and gently float downstream. As time floats on, all seems so calm and pleasant, which can result in one being lulled into a naïve confidence. In the early phase of many whitewater rafting experience, it’s not unusual to think, “Hey, we can handle this! What’s so hard about whitewater rafting?” However, when the water currents abruptly speed up, your lazy floating experience can suddenly become a hair-raising fight for survival! You will need to work together to steer your raft away from sharp rocks, stay upright, and try to slow the pace. If successful, you’ll make it through the rapids without capsizing, and again find yourself back on solid ground.

Navigating the whitewater challenges of building, nurturing, and maintaining a healthy marriage is a lot like shooting the rapids. Developing skills to successfully navigate through the rapids of life will make a big difference in how you handle what may be waiting just around the next bend in your marriage.