



Boring Marriage



“It is very disquieting when "perfect" marriages end. The ones that are agreeable, orderly, peaceful, the ones that display no rancor, no rages, no infidelity, no egregious acts of galloping selfishness — when such marriages end, everyone is dismayed. How is it possible? They had no troubles at all, we say in disbelief. Maybe that's the key: "No troubles at all" may mean — no challenge, no emotion, no surprises, no change; in other words — boring. Some marriages do die of boredom. Boring marriages are much more likely to suffer from sins of omission than from sins of commission. What isn't done gets such marriages into more trouble than what is done” (“Relationship Boredom Can Be Deadly”, Dr. David Sanford, www.marriagesupport.com).

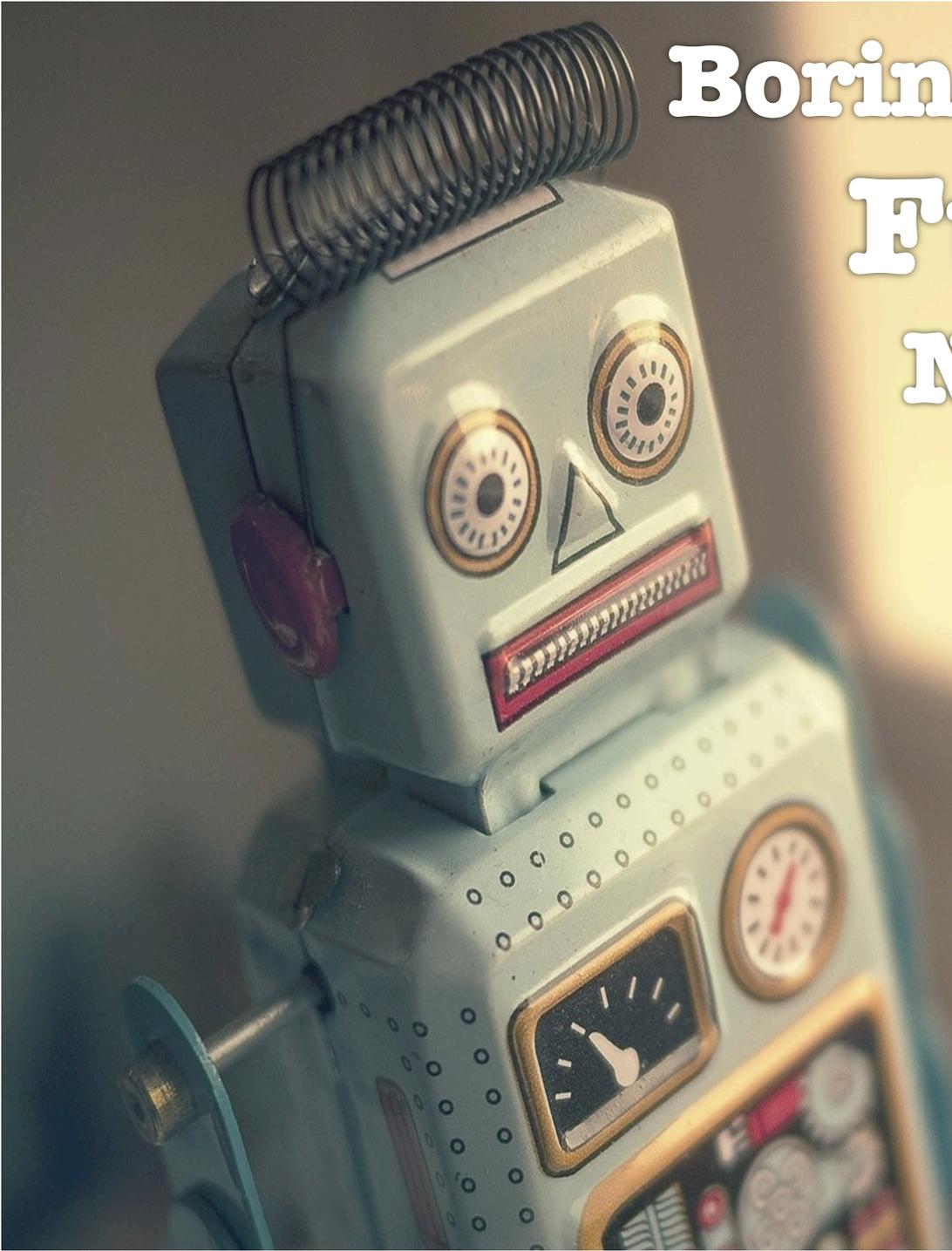
A red heart-shaped balloon floats in a blue sky with light clouds. Below the balloon is a body of water, and in the foreground, there are tall, golden-brown reeds. The text "Boring" is written in a large, white, serif font across the middle of the image.

“Boring”

is a relative term

Boring Marriage Is Minimal, Not Excessive

- Passion may have its downside, but don't throw out the baby with the bath water and opt for minimum emotional investment.
- Song of Solomon 5:6-8, 3:1-4
- Total emotional commitment can either seem frightening or comforting depending on your perspective.

A close-up photograph of a vintage-style robot head, likely a tin robot. The robot has a light blue or grey body with a prominent black spring antenna on top. Its face features two circular gauges with white faces and black markings, a small triangular nose, and a red rectangular mouth with a white, tooth-like pattern. The robot's body is covered in small circular indentations and has several other gauges and dials visible on its chest. The background is a soft, out-of-focus yellow and orange glow.

**Boring Marriage Is
Functional,
Not Emotional**

Boring Marriage Lacks Companionship

- “Finally, you are forced to suffer a boring marriage when you don't know how to make it interesting. As a nation, we have become so dependent on the ‘entertainment industry’ for stimulation that we have lost the ability to stimulate ourselves and, thus, to draw forth what is interesting in our partners” (Sanford).

Boring Marriage Lacks Companionship

- Do you do things together? Interactive, meaningful, substantial things?
- Marriage is about companionship, first and foremost (Genesis 2:18, Song of Solomon 5:16).
- “Rejoice in the wife of your youth... and be exhilarated at all times by her love” (Proverbs 5:18-19).