

FREE DOWNLOAD

**Are You Missing the Love You Deserve in
Your Marriage?**



**3 Steps to Rekindle Love
from God's Perspective**

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Hey, sweet friend, let me ask you something—are you feeling like the love is missing in your marriage?

Maybe your husband feels distant, or the connection just isn't what it used to be. You're left wondering, "Where did the love go?" If that resonates with you, let's dive in together and figure this out.

First, let's take a walk down memory lane. Remember when you said "I do"? It was probably because you were head over heels in love. Everything seemed perfect at that moment, right? The butterflies, the promises, the joy of having found your person. But here's the big question: once the honeymoon phase faded, did things change? Or did life just get so busy that you didn't even notice?

I came across an article in Psychology Today by Dr. David Ludden that really opened my eyes. He talks about how marriage changes your personality—and not just yours, but your husband's too! Now, don't panic, there's good news here. If you walked into your marriage feeling emotionally stable, full of joy, and love, chances are, your marriage is reflecting that. But, if there's emotional baggage you both brought along, it's no wonder things may have gotten a little tricky.

So, why are we talking about the start of your marriage? Because it's so important to understand what really brought you both to the altar. You see, some women choose partners based on stability—maybe he's got a great job, maybe he's reliable, or maybe he's just confident. But real, lasting love? That's a whole different story.

Love isn't just about the shiny moments at the start. It's about the day-in, day-out commitment to showing up with patience, kindness, and perseverance, just like God tells us in 1 Corinthians 13. That's the true definition of love: love is patient, love is kind, it always protects, always trusts, and it never fails. The scripture also tells us what love is not, but I think we see that more often.

My Story

Let me share something personal with you. When I was around 33 years old, I truly began to understand what God's love really is. It wasn't about a feeling or a momentary rush of emotion. It's a DAILY practice. Some mornings, I wake up and say, "Today, I'm going to love my husband just like God loves me." But then I walk into the kitchen, and there's the pile of dishes, the trash left behind, and the things I thought he would have done but didn't. It's easy to wonder, "Where's the love now?" But let me tell you—love is about showing up, even when it's hard. It's about choosing to love, even when it feels like the spark is not visible.

Here are three steps to understand Love from God's perspective:

How do we practice the kind of love that God describes? How do we live out patience, kindness, and persistence in our marriages? Here are three steps to help you reignite the love in your relationship:

1. Check Your Love Barometer – Take a moment to evaluate how you're showing love to your husband. Are you operating on grace or frustration? Are you choosing to be patient or quick to anger? Understanding where you are is the first step in turning things around.

2. Take Action – Love isn't just about feeling—it's about action. Start showing up for your spouse with intention. Even in the little things, choose to love through your actions. A kind word, a thoughtful gesture, or even just being present in a conversation can go a long way.

3. Commit to Persistence – True love takes work, Sis. It's not always easy, but it's worth it. God's love is unconditional and constant, and He calls us to love in the same way. Even when things feel tough, keep showing up. Don't give up on your marriage because the road gets rough. Love through challenges.

Now, if you're feeling stuck and unsure about how to bring the Spark back, I'd love to help. I invite you to schedule a discovery call with me.

Let's talk about where you are, where you want to go, and how you can begin to practice God's love in your marriage every day.

Don't wait another day to experience the love you deserve! Visit www.coachsheilafaye.com to book your call today.

Let's walk this journey together and rediscover the love that's always been there, just waiting to be brought to life!