

# Sunday Q&A

Your Faith in Focus



## GIVE IT TIME

### How do I build healthy relationships?

*Fr. Mike Schmitz spends lots of time on college campuses engaging with young adults in a very formative stage of their lives. He has walked with many young couples from dating through engagement and beyond. Fr. Mike offers three tips for building healthy relationships that can help you, whether you are dating, married, or looking to cultivate better friendships.*

#### 1. There are some things that only time can reveal.

“Time is absolutely essential for a relationship,” Fr. Mike says.

He explains that even if you talk frequently and have wonderful communication with your significant other, the things you discuss within the first six months of dating are very different from those things you talk about at sixteen months.

Fr. Mike believes you can only reach a certain depth in a relationship with the gift of time. He holds that his first tip is to slow down. Take your time and enjoy getting to know one another.

#### 2. Allow your relationship to be the age that it actually is.

For his second tip, Fr. Mike shares how he meets couples who “know” they will get married after only two months of dating. He warns us not to skip ahead in relationships.

“If you have been in a relationship for six months, let your relationship be six months old,” Fr. Mike advises. This is important because if you allow the relationship to progress at the right pace, you deal with potential issues and difficulties as they arise naturally. “There’s something good about letting it be the fourth date,” Fr. Mike says.

Don’t dismiss potential problems just because you think you’ll get married. The issues will only return, and you won’t be equipped to address them. Fr. Mike advises couples to treat their relationships as the age they truly are rather than the age they wish they were.

### 3. Learn how to make decisions together.

For his final tip, Fr. Mike says, “One of the greatest skills that couples can work on with each other is learning how to solve problems.” He says this advice differs from the previous two tips because it involves developing a skill.

Every relationship is bound to meet obstacles and roadblocks. Regardless of the type of relationship, problem-solving will always help it grow and move forward smoothly. Because everyone makes decisions differently, Fr. Mike says learning how to solve problems together is fundamental to a healthy relationship.

### Ponder and Pray

- How am I doing according to these three standards? Where do I have work to do?
- How can I walk with others and help them build healthy relationships?
- What tip would I add?

## Make It Your Own

Use the chart to help you assess how your relationship is going.

Tip	How we are doing:	How we can grow:
There are some things only time can reveal. (Be patient.)		
Allow your relationship to be the age it actually is.		
Learn how to make decisions together.		

### Tip of the Week

Select a couple whose relationship has withstood the test of time. Ask them if they unknowingly followed (and still follow) the advice found in this article. Talk with them about how they made their relationship work.

### Dive Deeper

To watch Fr. Mike’s video on this topic, scan the code

or visit the URL: <https://media.ascensionpress.com/2023/08/02/3-tips-for-building-healthy-relationships-from-fr-mike-schmitz/>.

