

5 Ways To Help Your Marriage WIN!



Enjoy Life Together

Avoid marital drift by enjoying what your spouse has to offer. Laugh, play, find hobbies you both enjoy and keep your hearts open to one another. Marital drift occurs when we isolate and find other points of connection outside of the marriage.

Prioritize Time Together

It sounds easy, right? Well, you'd be surprised how often couples fail to make time for one another.

The magazine, Redbook, surveyed its readers and found that 45% of couples rarely go on dates. Further, only 18% said they go out around once a month! The number one reason date nights get canceled is that they are too tired to go out!

Making time for our spouse is important, even when we're tired. And remember, date night doesn't need to be a full-blown excursion to every part of your city and include a meal, dessert and a movie. Maybe it's an hour together at the park, or a quick work out together. The priority is time together!

When There is Rupture, Be Sure To Repair

Asking for forgiveness and owning our mistakes is difficult. But a thriving marriage requires it.

There will be times where you deflate your spouse, a rupture as occurred. It will inevitably happen. What is important is that you do the hard work of repair. This requires acknowledging what you did, comment to not doing it again, and asking for forgiveness.

Recognize The Importance of Marriage

Our children are a welcomed addition to the home, but not the center of it.

When you prioritize your marriage, you communicate its importance. The health of your marriage directly impacts the health of your children. When you've created a space that allows for your marriage to thrive so will your children.

Communicate in love, resolve disagreements quickly, and allow your children to get a front row seat to your marriage. When you make it important, and you do the work to repair when rupture has occurred, the entire family benefits.

Choose Marital Satisfaction, Rather Than Expect It As An Outcome

As a couple, you decide your way into fun, you don't stumble into it. Life can be difficult, challenging and painful, but you've been blessed with a spouse to journey with you through it all.

The Scripture says, “Enjoy life with your wife, whom you love, all the days of this meaningless life that God has given you under the sun—all your meaningless days. For this is your lot in life and in your toilsome labor under the sun” (Ecclesiastes 9:9)

God did not give you your spouse to be the grind, He gave you your spouse to be a companion through the grind. You do not need to choose between life and spouse. Choose both.