

Welcome!

Essentials for a thriving
marriage during SLP (shelter
in place)

Be thankful for your spouse.

Your spouse is a gift from God just as surely as Eve was a gift to Adam (**Genesis 2:20-24**)—created to help meet your needs as a partner in life. **Remember...Your spouse is not a curse given by God.**

But the demands of life, family, and work can cloud your attitude. Thanking God often for your spouse is a practical way to focus on what is good and admirable about him or her.

It is helpful to occasionally reflect on the early days and recall what attracted you, or what made you pledge your life and love to each other, and to be thankful.

Take time each morning to express your thankfulness for your husband or wife. Oh....and tell them!

Practice communicating from the heart.

It is vital to communicate authentically in both the good and the difficult times of marriage.

As you grow together, you will learn more about the how and when of communicating well with your spouse, so pay attention to what works and what doesn't.

Transparent conversation, where each of you risks revealing your deepest thoughts, ideas, fears, hopes, and dreams, creates the strong foundation of a lasting marriage.

The Scriptures emphasize being open and vulnerable in communication. Paul modeled transparency when he wrote to the Corinthians, many of whom were not exactly his admirers:

"For I wrote to you out of much affliction and anguish of heart and with many tears, not to cause you pain but to let you know the abundant love I have for you." (2 Corinthians 2:4).

Paul was not afraid to weep or say, "I love you."

Communicate from the heart!

Be Teachable.

Marriages are always a work in progress. Each spouse is changing and developing, which means there are new things to learn at every age. Sometimes marriages run into problems that need the help of a third party.

If this happens in your marriage, find someone who will work in support of your marriage, not just agree with your grievances. Make sure this person is committed to both Christ and the two of you.

Listen take a break from the noise of your day to reflect on the ways God is blessing you through the life of your spouse.

You have nothing to lose, and everything to gain!

Finally...Practice the power of forgiveness.

Because we are broken, imperfect human beings, we will fail our spouse repeatedly.

We will focus on flaws, cease to communicate, and offend each other without trying. All of this demands a steady supply of forgiveness. **Along with a strong dose of humility!**

The Bible tells us to **“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you” (Ephesians 4:32).** There is great power in forgiveness—it says, “The fight is over and I will not try to punish you.”

Struggling marriages can be revived by forgiveness...healthy ones are sustained by it.

We pray that your heart will be filled with gratitude for this gift—someone for you to love and someone to love you—fashioned by the Creator especially for you.

We pray God will show you ways to express your heart openly to your spouse so the two of you will grow even closer.

We pray that you will enjoy intimacy of soul and body and that your passion becomes fuller and deeper each day.

And we pray that the love in your marriage will be so real, so vibrant, so lasting that all who see it will know God gave this love to you.

Resources:

www.familylife.com

Book: Sacred Marriage by Gary Thomas

We're for you...we love you...
we miss you guys...we look
forward to seeing you soon...