glue

MAKING YOUR FAMILY

STICK

7 Ways To Make Your Marriage Stick

1. Happy Couples Talk More

O my dove, in the clefts of the rock,
In the secret places of the cliff, Let me see your face, Let me hear your voice; For your voice is sweet, And your face is lovely.

Song of Songs 2:14

5 Don’ts:

1. Don’t assume communication has taken place
2. Don’t assume your spouse knows what you mean
3. Don’t Yell. Arguing isn’t communicating
4. Don’t withdraw. Communicate through issues
5. Don’t talk to anyone more than your spouse.

5 Do's:

1. Do ask open-ended questions (not 'how was your day' but 'tell me about your day')
2. Do save some things for face-to-face communication
3. Do care about what the other person cares about
4. Do use digital devices to communicate but do put them down when you are together
5. Do relay more than facts

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Song of Songs 2:14

2. Happy Couples Encourage More

Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.

Ephesians 4:29

1. Give Compliments
2. Show appreciation for big and small things
3. Do something nice for your spouse
4. Relive a fun memory

2. Happy Couples Encourage More

Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.

Ephesians 4:29

3. Happy Couples Fight Better

A soft answer turns away wrath, But a harsh word stirs up anger.

Proverbs 15:1

When unhappy couples fight here's what they do:

1. Criticize
2. Show contempt
3. Roll their eyes
4. Act defensively
5. Resort to name calling
6. Tune out

When happy couples argue they:

1. Show humor
2. Express affection
3. Give in on certain points

3. Happy Couples Fight Better

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Proverbs 15:1

4. Happy Couples Keep Kids In the Right Place

Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.

Genesis 2:24

1. Let your kids know your spouse is #1.
2. Don’t keep secrets.
3. Do things without them
4. Don’t let them see you fight
5. Kiss in front of them

4. Happy Couples Keep Kids In the Right Place

Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.

Genesis 2:24

5. Happy Couples Figure Out Finances

Don’t love money; be satisfied with what you have. For God has said,

“I will never fail you.
I will never abandon you.”

Hebrews 13:5

1. Make more
2. Spend less
3. Save some
4. Talk about it

5. Happy Couples Figure Out Finances

Don’t love money; be satisfied with what you have. For God has said,

“I will never fail you.
I will never abandon you.”

Hebrews 13:5

6. Happy Couples Hang Out With the Right People

He who walks with wise men will be wise, But the companion of fools will be destroyed.

Proverbs 13:20

- Share passwords
- No privacy
- 81% of the American Academy of Matrimonial Lawyers have used or encountered evidence taken from Facebook or a social media site

6. Happy Couples Hang Out With the Right People

He who walks with wise men will be wise, But the companion of fools will be destroyed.

Proverbs 13:20

7. Happy Couples Blend Family and Faith

Husbands, love your wives,
just as Christ also loved the church
and gave Himself for her.
Ephesians 5:25

- Spouses who attend church together often are 2.4 times less likely to divorce than spouses who are not frequent churchgoers.
- Fathers who attended church frequently were more invested in family life, and their wives reported feeling more loved and more satisfied in their marriages.

1. Make church attendance a priority
2. Find places to serve
3. Have a devotional life

7. Happy Couples Blend Family and Faith

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Make Your Marriage Stick and Happy

1. Talk More
2. Encourage More
3. Fight Better
4. Keep Kids in the Right Place
5. Figure out your Finances
6. Hang out with the Right people
7. Blend Faith and Family

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