

Good Times Couples Care Group

(If you are not having a good time you are NOT doing it right)
(More tips at www.iamlovebuilders.com)

Marriage Tips for the Month of Feb 09:

- 1) Weekly Date Idea: Share your favorite Bible passage with each other, or explore the Song of Songs together. Share what you find physically attractive about your spouse.
- 2) Pick a cold, dreary day and shake things up a bit. Bring her flowers for no reason. Put a blanket on the living room floor and have a picnic. Make love in a different place.
- 3) Do you have a pet name for your spouse (baby, honey, a nickname that only you use)? It's not essential but often it can remind both of you of your special relationship. It's like calling God, "Abba."
- 4) "Love is work. It's good work, if you can get it. But it's work, nevertheless." (Benjamin Cleaver) What's the first work project that you and your spouse took on together – painting a room, washing the car, repairing a window, learning better communication skills?
- 5) Society and churches run on both money and volunteers. Generosity is a virtue but it's possible to become a "good cause widow(er)." Are you spending enough or too much time volunteering? Your answer will come from the mouth of your spouse. Try joint volunteer projects.

What Makes Marriage Work – Practice the 4 C's

Christ: What would Jesus do? As believers we should treat one another as God's children and a blessing not a curse.

Control: When dealing with your spouse exercise control in your behavior, speech, tone and response.

Communication: Communication can be learned. Skills such as active listening, using "I" statements, paying attention to your feelings and those of your spouse, and learning tips for "fighting fair" make marriage easier.

Compromise: ALL situations require some form of compromise. You do not need to nor should you expect to win every disagreement. If you feel strongly about something let your spouse know how important it is to you.