

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 Mar 09:

- 1) Weekly Date Idea: Look through old photo albums and tell each other stories of your childhood and families. If you have time, put loose photos in an album or on a disk.
- 2) "To get divorced because love has died is like selling your car because it's run out of gas" (Diane Sollee). Get more gas by attending a marriage enrichment class/workshop or planning a special get-away.
- 3) "You are...as awe-inspiring as bannered troops" (Song of Songs 6:4). Surely you can come up with a modern-day compliment for your spouse. Today, say at least one, "You are as beautiful (or handsome) as..."
- 4) It's nice to say "I love you" but the power of pen and paper adds permanence to the statement. Try writing it down in different ways, e.g., on a card or a note on the bathroom mirror.
- 5) What counts in making a happy marriage is not so much how compatible you are, but how you deal with incompatibility. Explore and have fun with your differences. Join your spouse in their favorite event and you just may discover you are more alike than you thought.

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.