

Good Times Couples Care Group

(If you are not having a good time you are NOT doing it right)

Marriage Tips for the Month of Nov 08:

- 1) Weekly Date Idea: Create a home spa for an evening. Put on soothing music, light scented candles, give each other a massage, take a bath or shower together and give each other a pedicure.
- 2) In couple decision making one spouse can Concede to the other if it's not something he or she feels strongly about. Compromise, however, is the more common strategy where both of you agree to meet in the middle.
- 3) How do you know if your hobby, sport, or volunteer work is taking too much time from your marriage? Often it's about the same time your spouse starts complaining about feeling neglected.
- 4) Being a faithful spouse means more than just not having a sexual affair. It also includes saying "No" to other temptations that compete with your spouse for attention. Does work, TV, the Internet, children, hobbies, or housekeeping steal time from your relationship?
- 5) "How beautiful is your love, my sister, my bride, how much more delightful is your love than wine and the fragrances of your ointments than all spices!" (Song of Songs 4:10). Does your spouse use a cologne or perfume you find appealing? Enjoy!

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.