

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 Oct 08:

- 1) Couples don't have to pray or belong to an organized religion to have a happy marriage, but it sure helps. Having a shared spiritual home connects you with God's wisdom and a community of people to support you. Try praying together today.
- 2) Even when you don't feel loving, doing an act of love can revive love and help it grow. Do one loving act for your spouse today, and another tomorrow...
- 3) Weekly Date Idea: Pretend you're a tourist in your own town. Visit a museum, the zoo, a quaint neighborhood, or whatever is special about your hometown.
- 4) What words or actions of your spouse are a sexual turn-on for you? Sexual attraction is one of the beauties of married love. Don't let bashfulness hinder you.
- 5) Be alert to the dangers of the workplace. Men and women with similar interests see each other daily, mostly on their best behavior, and with nice clothes and make-up. Inoculate yourself with commitment.

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.