

# 21 KEYS TO A *Healthy Marriage!*

Practical ways on how to stay close in your marriage relationship!



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**COJ** CHURCH OF JOY

**18. Pray for your spouse even if you feel they've wronged you or hurt you.**  
Luke 6:28 - Bless them that curse you and pray for them that despitefully use you. You and your spouse are one flesh, you need each other's prayers for your marriage to be strong. Who is interceding for you? If one spouse doesn't pray for the other, your marriage will remain weak. Make it a daily habit to pray for spouse in spite of the hurt, even if it's just bless my spouse Lord. The Lord will honor your prayers, and you may begin to see your spouse change and your marriage becomes stronger all because you humbled yourself and prayed for your spouse.

**19. Learn How To Continue Functioning As One Flesh Marriage brings two people together as one, learning to function as one takes work. You cannot be married and live two different lives.**

You are two different people learning to stay close especially when you don't feel close. Always try to connect in the morning with affection and acknowledgement as well as when you get home and when you go to bed. Always try to bring resolve to conflict, you may not always agree but at least agree that you will work on those areas of your life. Don't go to bed angry, do what you can to be at peace. Humility will be your greatest asset in staying close, it's what turns you to your spouse when you want distance. Don't give up - if you keep moving towards the Lord, you will keep moving towards your spouse!

**20. Love Keeps No Record of Wrongs**

1 Cor. 13:5 "...it keeps no record of wrongs."

You will hurt each other in the marriage a lot!

You have to choose to release your spouse and the hurts to the Lord.

Forgive. Forgive. Forgive. It takes humility to pardon your spouse, there's no other way. When you keep record of wrong you stifle your growth, your spouse' growth and the growth of your marriage. Your marriage is worth fighting for, God is a God of a second chance - choose to fight and forgive!

**21. Trust God For Your Marriage**

1 Corinthians 13:7 - "Love is... It always protects, always trusts, always hopes, always perseveres." According to this scripture it says the love always trusts... which means we can always trust by trusting the Lord.

When trust has been lost, you can still trust by trusting God.

Trust does have to be rebuilt in a marriage, however you can be assured that your trust has to always be in the Lord.

At the end of the day, you will not change your spouse only God can.

Trust God to change you, change your spouse and change your marriage.

Don't give up, God is faithful.

**1. Keep God First and the center of your marriage**

John 15:5-Without God we can do nothing

Mark 10:27-With God all things are possible

Marriage cannot survive or thrive without God in the center, when all else fails in the marriage God can turn it around.

**2. Forgiveness**

1 Peter 4:8-Love covers a multitude of sins

Loving your spouse unconditional and showing them the love of God may be the very thing that will thrust them into their deliverance.

Remember you both have weaknesses

You can be married to the perfect person without either of you being perfect!

Ephesians 4:26-Do not let the sun go down on your wrath.

Whenever there is disagreement or argument, always try to reconcile before going to bed. Reconciling isn't always coming into agreement, but it's calling it a truce and deciding to try to bring resolve the next day. Try to bring it to the Lord at least in prayer if possible.

**3. Unconditional Love**

Ephesians 5:21-31- Love like Jesus loves us.

Love each other without conditions.

Always remember your shortcomings before you are quick to point out your spouses' shortcomings.

There is no greater feeling to an individual than to feel the love of God through their spouse knowing how difficult we can all be.

**4. Repentance-willingness to change**

Proverbs 16:18 - Pride goes before destruction, a haughty spirit before a fall.

Pride will destroy your marriage, humble yourself through repentance.

You have nothing to prove in your marriage, except love.

**5. Compromise**

Ephesians 5:21- Submit to one another

Give to one another without always expecting something back.

A willingness to be vulnerable to one another.

You are more blessed when you give!

**6. Always remember you are ultimately accountable to God**

No matter where your marriage is at, God is holding you accountable to being a Godly husband or a Godly wife. You must first operate on the principles of God's word and not on your feelings or emotions. God wants your marriage to glorify Him.



### **7. Allow Your love to change**

Because life and circumstances change, you have to allow your love to change towards one another. You will not always feel butterflies or the love you once felt when you first got married. It doesn't mean that you aren't in love anymore, you have to learn to love your spouse in the season or part of life you are in.

We forget sometimes the traditional marriage vow "For better or for worse, in sickness or in health, for richer or for poorer".

### **8. Treasure the person God has put in your life**

Life goes by too fast, you can make the choice to treasure your spouse.

Find ways to enjoy your spouse, just as life changes so will your spouse-they aren't perfect. Understand where they are in life i.e. Adjusting to children, job change, getting older, health issues, etc...Don't resent your spouse for whatever season they are in, be selfless in your love towards them, patient and encourage them through whatever season of life they go through.

### **9. Compliment the good/strengths you see in your spouse**

Quit being so critical and pointing out all of their weakness.

Remember- your marriage is not all about you.

Compliment the good you see in their parenting, find little things they do special in your marriage, their job, etc... especially in public and around your children. God obviously created them for His purpose, not your purpose.

### **10. Always remember that you are not perfect/you have weaknesses too**

**Every time you want to criticize your spouse-evaluate your life first.**

Remember that words can damage your spouse's self-esteem.

Choose wisely the words you say and speak over your spouse, even when at times there can be truth. All of us contend in life for our purpose, self-worth, and confidence in the Lord.

### **11. Allow your spouse to share their feelings openly without getting into an argument from you.**

They have the right to share what's really on their heart without a quick defense. This will build trust and openness Sometimes what we may think isn't a problem, our spouse does-listen and be quick to change. Your spouse should never feel fear in sharing their heart, if they do this can lead to an emotionally destructive marriage which is unhealthy and doesn't glorify God.

### **12. Try to be sensitive to the things that your spouse loves to do Everyone needs an out, a hobby or just alone time.**

As long as it doesn't always interfere with family time or is compromising to the marriage-encourage your spouse to do things that they enjoy.

The more your spouse enjoys their life, the easier it will be to live with them, As they see you encourage them, they will be more open to listen to the things you want to do as a couple.

### **13. Never allow your sex life/intimacy to diminish**

God created sex for a purpose in your marriage.

Sex binds the two of you together.

Sex is what brings you back together after an argument.

Sex is what keeps both of you vulnerable to one another.

Sex can be enjoyable to men and women when there is communication.

Enjoy your sex life and don't make it a chore.

You must schedule time together every week, otherwise life will always stay busy and draw you apart.

### **14. Enjoy your everyday life together**

Quit focusing on what's not right, but enjoy what is right

Life goes by too fast, take time to continue to get to know your spouse.

Enjoy your children together, they grow up too fast.

Don't take for granted next month, next year or someday.

It's never too late to invest into your marriage.

### **15. Do for your spouse what you said you wouldn't do anymore True humility begins towards the Lord, then your spouse.**

When you can humble yourself towards your spouse and do for them what you said you wouldn't, grace will pour into your marriage.

Quit drawing lines, this covenant is for eternity- give God a chance as you humble yourself and continue to give towards and love unconditionally your spouse. The more you draw lines, the harder your heart will get.

God continues to love us even when we don't deserve it.

Proverb 10:12"...Love covereth all sins."

### **16. Be willing to go into the danger zone**

We want to be understood You can't keep suppressing those issues. There should be complete humility and openness, Be willing to allow your spouse to hold you accountable

**17. Be willing to mature/change Be willing to change without getting inward focus - life is not all about you Be willing to change without pouting - that's childish Be willing to change without holding a grudge - this leads to bitterness Be willing to change and let your love grow deep**