

5 Tips for a Healthy Marriage



CENTER GOD IN YOUR MARRIAGE

God ordained marriage and is the original creator of marriage. When you apply God's principles, it creates a strong foundation built on sacrificial love and spiritual and personal growth to reflect Christ's love for the Church.

EPHESIANS 5:21

SUBMIT TO ONE ANOTHER OUT OF REVERENCE
FOR CHRIST.



UNDERSTANDING COMMITMENT

Love is a choice, not a feeling. Feelings are fleeting, but marriage is a life-long commitment. Commitment requires selflessness and a servitude attitude, even when you don't feel like it. Remember, love is sacrificial.

1 PETER 4:8-9

ABOVE ALL, LOVE EACH OTHER DEEPLY,
BECAUSE LOVE COVERS OVER A MULTITUDE
OF SINS. [9] OFFER HOSPITALITY TO ONE
ANOTHER WITHOUT GRUMBLING.



OPEN COMMUNICATION

Open communication should be a safe space to vulnerably share thoughts, feelings, and concerns honestly without fear, even during disagreements when it may be uncomfortable.

COLOSSIANS 3:18-19
WIVES, SUBMIT YOURSELVES TO YOUR
HUSBANDS, AS IS FITTING IN THE LORD.
[19] HUSBANDS, LOVE YOUR WIVES AND DO
NOT BE HARSH WITH THEM.



CONFLICT RESOLUTION SKILLS

The skills to the healthy conflict resolution includes active listening and patience, emotional intelligence and management, empathy and validation, clear and assertive communication, the ability to problem-solve which includes: accountability forgiveness, compromise, sacrifice and grace to reach a mutually acceptable outcome.

EPHESIANS 4:2-3

BE COMPLETELY HUMBLE AND GENTLE; BE PATIENT, BEARING WITH ONE ANOTHER IN LOVE. [3] MAKE EVERY EFFORT TO KEEP THE UNITY OF THE SPIRIT THROUGH THE BOND OF PEACE.



KEEP FOLKS OUT OF YOUR BUSINESS

Marriage is sacred. However, you will experience spiritual warfare. The enemy does not like kingdom marriages, and any opportunity he has to steal, kill, and destroy, he certainly will. Therefore, never share intimate details with others. Wise counsel is great, but don't let anybody give their unsolicited advice. Protect your marriage all costs. Practice steps 1 - 4 to keep the enemy out, and God in.

MARK 10:9
THEREFORE WHAT GOD HAS JOINED
TOGETHER, LET NO ONE SEPARATE."