

# Keep Your Christian Marriage Strong and Healthy



## **Pray Together:**

**Set aside time each day to pray with your spouse.** Find or make time every day to pray together. Ask God to fill your marriage with His Holy Spirit and give you strength for the day ahead. It can bring you closer together as you care for each other every day. Use that time to think about what the day ahead holds for your partner. Your loving affection will go beyond the physical realm to the emotional and spiritual realm. This develops true intimacy with each other and with God. Perhaps a good time for you, as a couple, might be just before you go to bed each night. It's impossible to fall asleep angry when you've just held hands together in God's presence.

## **Read Together:**

**Set aside time each day, or at least once a week, to read the Bible together.** This might also be described as a time of devotions. There are literally thousands of wonderful devotional, thought provoking, and inspirational volumes to choose from. From time tested classics, like Thomas Akempis' *Am Imitation of Christ*, to new and powerful works like Max Lucado's *Facing Your Giants*, reading one of these great books together could prove to be an incredibly rewarding experience in your marriage. It might be as simple as rising from sleep about 30 minutes earlier in order to do this, it could be a wonderful, rewarding, and intimate time of strengthening your marriage. It might take a while, but what a sense of accomplishment it would be if you were able to read through the entire Bible together!

## **Make Decisions Together:**

**Commit to making important decisions together.** This is not about deciding on what to eat for dinner. Major decisions, like financial ones, are best decided as a couple. One of the greatest areas of strain in a marriage is the sphere of finances. As a couple you should discuss your finances on a regular basis, even if one of you is better at handling the practical aspects, like paying the bills and balancing the check book. Keeping secrets about spending will drive a wedge between a couple faster than anything.

If you agree to come to mutual decisions on how the finances are handled, this will strengthen trust between you and your partner. Also, you won't be able to keep secrets from each other if you commit to making all important family decisions together. This is one of the best ways to develop trust as a couple.

### **Attend Church Together:**

**Get involved in a church together.** Find a place of worship where you and your spouse will not only attend together, but enjoy areas of mutual interest, such as serving in a ministry and making Christian friends together. The Bible says in Hebrews 10:24-25, that one of the best ways we can stir up love and encourage good deeds is by remaining faithful to the Body of Christ by meeting together regularly as believers.

### **Continue Dating:**

**Set aside special, regular times to continue developing your romance.** Once married, couples often neglect the area of romance, especially after the kids come along. Continuing a dating life may take some strategic planning on your part as a couple, but it is vital to maintaining a secure and intimate marriage. Keeping the romantic love alive will also be a bold testimony to the strength of your Christian marriage.

*Milestone Counseling is committed to helping all couples explore and improve the dynamics of their marriage. We have several therapists who are especially qualified to integrate Christian principles into the therapeutic relationship with couples. A marriage does not have to be in crisis to benefit from a counselor's perspective. Contact Milestone today if you think your relationship could benefit from meeting with one of our counselors.*