

## **Five Habits of Marriages**

### **1. Preach the gospel to yourself and each other every day.**

- Your spouse married a sinner and so did you.
- Beware of your brokenness and falseness.
- Run to Jesus for grace and power to love.
- Extend forgiveness in the light of the forgiveness you have received.

### **2. Build intersections and roundabouts.**

- Create intentional times to connect and interact with each other.
- Hug, kiss, sit and talk over coffee and meals. text.
- Lunch weekly.
- put the kids to bed and focus on your own relationship.

### **3. Communicate.**

- Learn how to listen well.
- Focus on understanding and being understood.
- Learn to speak the language of your spouse.
- Be honest, transparent, vulnerable, and authentic.

### **4. Connect emotionally and physically.**

- Companionship creates intimacy.
- Have fun together. Laugh.
- If you learn to enjoy one another outside the bedroom you will have a whole lot more enjoyment inside the bedroom.

### **5. View your marriage as a mission.**

- Your marriage is so much more significant that you realize.
- God wants to use your marriage to change the world one home at a time.
- Lock arms as a couple and serve...your kids, your church, other marriages.
- Get your eyes off of yourself and go on mission with God to meet the needs all around you.
- Marriage is an endangered species. What you have is rare. Shine it bright as a reflection of the covenant love relationship God offers to the world.