

# **NURTURING YOUR MARRIAGE**

Be romantic; never stop courting each other.

Touch your spouse gently; touching says "I love you" in a special way.

Compliment your spouse; be Sincere.

Ask for what you want; your spouse can't read your mind.

Explore life together; there's always something new to discover.

Compliment your spouse in front of others; Public praise lasts a long time.

Risk being hurt; love cannot deepen without risk.

Fight fairly; no threats; accusations, or name calling

Say "I love you"; it's a joy to hear these three little words.

Graciously forgive; Love is not proud.

Be willing to apologize; love means being able to say, "I'm sorry."

Always look your best; your spouse deserves it.

Surprise each other; the unexpected stirs the heart.

Share your dreams; intimacy anticipates tomorrow.

Cry together; shared tears bond hearts.

Do loving things for your spouse; your own heart will respond.

Let yourself be strong; marriage is interdependence

Let yourself be weak; marriage is interdependence.

Pray; praise God for the life you share.

Enjoy Silence, silence between lovers is sacred space

Respect your spouse's family- you're now part of it

Be patient with each other; you're still getting married.

Remember the past; your past forms the present and the future.

Look for love; it's there even when you don't "feel" it.

Play noncompetitive games together; you both win!

Spend time apart; separate interests generate interest between you.

Respect Your spouse's right to privacy; individual space is important.

Laugh together; laughter can bridge great gaps.

Entertain friends; they are part of your marriage.

Don't fear change; change in a marriage can mean growth.