

Marriage Building

INFORMATION

- Examine my own “stuff” rather than focus on spouse’s contributions.
- Write down all the things you love about your spouse.
- View your spouse compassionately: “We must learn to regard people less in light of what they do or omit to do, and more in the light of what they suffer.” — Dietrich Bonhoeffer
- Helpful Practices: Come to church together. Pray before meals together. Honor each other by listening to the other. Plan date night. Bless your spouse one time per day without expectation.

SCRIPTURES

- **Genesis 2:18, 21-25** — God created a helper, the origin of marriage.
- **Philippians 4:8-11** — Think about what is true, honorable and worthy of praise.
- **Colossians 3:12-17** — Bear with one another; forgive one another.
- **Hebrews 12:12-15** — Do not let a root of bitterness grow between you.

Marriage Building

PRAYER

Lord God, we very much desire to keep the vows we made before you to remain together until we are parted by death. But we are in a season when that doesn't seem easy. We value the life we have made together and want it to be better than it is. Remind me to look for the good in my partner and to be honest about my shortcomings. We ask your help in making us better people and a better couple. Amen.

SUGGESTED READING

- *Love to Stay : Sex, Grace and Commitment* by Adam Hamilton (Abingdon Press, 2013)
- *Boundaries in Marriage* by Dr. Henry Cloud and Dr. John Townsend (Zondervan, 2002)
- *The Five Love Languages* by Gary Chapman (Northfield Press, 2010)
- *His Needs, Her Needs* By Willard F. Harley Jr. (Revell, 2001)
- *How to Act Right When Your Spouse Acts Wrong* by Leslie Vernick (Water Brook, 2009)
- *Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships* by David Schnarch, Ph.D. (Norton, 2009)
- *The Love Dare* by Steven and Alex Kendrick (B& H Books, 2008)