



## **Marriage Pro-Tips**

*n. To distill important knowledge about a subject and share it with those new to said subject. To offer advice or suggestion to resolve a problem; often used in context of emphasizing common sense or a very strong opinion*

### **1. Individually and mutually ask for the filling and help of the Holy Spirit**

Ephesians 5:18-33

<sup>18</sup> Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit, <sup>19</sup> singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts. <sup>20</sup> And give thanks for everything to God the Father in the name of our Lord Jesus Christ. <sup>21</sup> And further, submit to one another out of reverence for Christ. <sup>22</sup> For wives, this means submit to your husbands as to the Lord... <sup>25</sup> For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her... <sup>31</sup> As the Scriptures say, "A man leaves his father and mother and is joined to his wife, and the two are united into one." <sup>32</sup> This is a great mystery, but it is an illustration of the way Christ and the church are one. <sup>33</sup> So again I say, each man must love his wife as he loves himself, and the wife must respect her husband.

### **2. Proactively apply all the "one another's" to your relationship**

Galatians 5:13-15

<sup>13</sup> For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love. <sup>14</sup> For the whole law can be summed up in this one command: "Love your neighbor as yourself." <sup>15</sup> But if you are always biting and devouring one another, watch out! Beware of destroying one another.

### **3. Develop healthy conflict resolution skills**

Ephesians 4:24-5:2

<sup>25</sup> So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. <sup>26</sup> And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, <sup>27</sup> for anger gives a foothold to the devil... <sup>29</sup> Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them... <sup>31</sup> Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. <sup>32</sup> Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. <sup>5</sup> Imitate God, therefore, in everything you do, because you are his dear children. <sup>2</sup> Live a life filled with love...

### **4. Make daily deposits of grace through your words**

1 Peter 3:8-10

<sup>8</sup> Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude. <sup>9</sup> Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will grant you his blessing. <sup>10</sup> For the Scriptures say, "If you want to enjoy life and see many happy days, keep your tongue from speaking evil and your lips from telling lies.

### **5. Forgive and don't hold on to bitterness**

Colossians 3:13

<sup>13</sup> Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. <sup>14</sup> Above all, clothe yourselves with love, which binds us all together in perfect harmony.

Hebrews 12:15

<sup>15</sup> Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

## **6. Keep your sex life active and mutually fulfilling**

1 Corinthians 7:3-5

<sup>3</sup> The husband should fulfill his wife's sexual needs, and the wife should fulfill her husband's needs. <sup>4</sup> The wife gives authority over her body to her husband, and the husband gives authority over his body to his wife. <sup>5</sup> Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward, you should come together again so that Satan won't be able to tempt you because of your lack of self-control.

## **7. Pray about everything, all the time, with each other and on your own**

1 Thessalonians 5:16

<sup>16</sup> Always be joyful. <sup>17</sup> Never stop praying. <sup>18</sup> Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

Philippians 4:6-7

<sup>6</sup> Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup> Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

## **8. Stay connected to life giving people**

Proverbs 27:17

<sup>17</sup> As iron sharpens iron, so a friend sharpens a friend.