

# Marriage Reminders

- Hush and PRAY!
- RESPECT spouse (I cannot emphasize this enough)
- Admire him/her
- Compliment your spouse every day!
- DONT try and change him/her (pray to God to change yourself)
- Prioritize your spouse - spouse comes first
- Never talk negative about him/her to anyone
- Communicate - know your spouse's love language
- Focus on strengths
- Be a good listener
- Laugh together
- Hold hands
- Tell spouse thank you, please, etc.
- Comment on how handsome/pretty they look
- Go on weekly dates (no kids)
- Forget pride; apologize when you are wrong
- Be patient
- Before you get mad, take a long three second deep breath!
- Give your spouse your full attention, look deeply in their eyes
- Flirt with spouse (send texts while at work, etc)
- Do the little things
- Be mindful in overspending - financial stress destroys romance
- Sleep with spouse (never ever sleep in separate beds or rooms!)
- Spoil spouse (cook favorite meal, iron clothes, play their favorite sport, etc)