

Make Your Marriage Better by Tonight!

- 1. Give a Genuine Compliment.** Everyone likes a compliment. But, don't be manipulative here. The point is to say something genuinely positive. A compliment, by definition, is a sign of acknowledgment and appreciation
- 2. Be Affectionate.** What in the world am I talking about here? Research shows that touching creates a stronger bond by releasing Oxytocin. So hold hands, rub shoulders, hug, kiss, give fist-bumps, whatever. But be sure you're affectionate. But, don't let a day go by, if possible, without being affectionate.
- 3. Talk to Each Other.** Even if it's only for 10 minutes, hide from the kids and talk. Talk before bed if possible. Relive old memories of you as a couple out loud with your spouse. I've read that doing this changes your mindset and ultimately how you think about your relationship.

So, think of something awesome, first date or something else awesome, and talk about it with your spouse tonight. Did you ever go on a picnic or share any good dates together?

One more thing... Marriage is like life, you're either swimming toward a destination or you're drifting aimlessly. The natural drift of a marriage is to get busy with work and kids and drift apart.

Don't drift apart. Swim toward each other. Nothing is more important than your marriage so nothing should take priority...not careers, children, personal goals...nothing. **When you make your marriage your top priority, your marriage will not only be better, but your personal life will be better. Don't worry, your kids may not understand now, but they will thank you later.**

– by Ryan Sanders, National Fatherhood Initiative

How's about taking your marriage up a notch? Get a copy of Ted Cunningham's book *Fun Loving You* and read it together.



RESOURCES FOR COUPLES

Your marriage can be one of your life's most rewarding relationships. Go for it!

It's a challenge to build a strong, God-honoring relationship. But so worthwhile! Whatever your age, whether dating, engaged, or married, there's a class or seminar for you.

The Weekend to Remember is a great way to renew your love and commitment to one another, to reminisce all the reasons why you married, to restore a little romance in your relationship. Mar 4-6 at Sunriver Resort, or Apr 8-10 in Bellevue, WA. Save \$100 when you register using the group "MarriagePDX." Details WeekendToRemember.com.

Marriage Coach Training You and your spouse are invited to become a coach couple. Pre-married to seriously challenged couples are saving their marriages with the support of couples coaches like you! You'll receive 24 hours of training using a proven curriculum. Starting Mar 4 in Vancouver. Details: MarriageTeam.org.

Fight Night A fun date night for all couples. Filled with humor, fresh insight, and practical, new strategies for turning conflict into a means for deeper intimacy. Les and Leslie Parrott are authentic communicators. Mar 12 at First Church of the Nazarene, Portland. Details tinyurl.com/zpvv453.

Marriage Redeemed is a conference to guide couples on their recovery journey. We will provide you with an opportunity to learn from four couple's that have tested and developed the topics in their own marriages and have found success in "Learning a New Dance". Apr 16 at Mountain Park Church, Lake Oswego. Details: (503) 655-5534

Have fun! Date often, maybe weekly?

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Every Marriage Matters

Advocates for Healthy Marriage

Check out additional resources at www.EveryMarriageMatters.org