

19 Tips for a Successful Marriage

Kevin and Lauren Martineau's 19 years of marriage have definitely had their share of ups and downs but they have always been committed to keep moving forward. Through these 19 years they have learned some important things about marriage:

1. Laugh lots and have a ton of fun together.
2. Say what you mean and mean what you say.
3. Get away together often.
4. Have a weekly date night.
5. Listen more than you speak.
6. Stop trying to read your spouse's mind.
7. Clarify expectations.
8. Show appreciation and gratitude in as many ways as possible.
9. Continue to grow as individuals and as a couple.
10. Deal with conflict in healthy ways.
11. Pray together.
12. Be honest with one another.
13. Be committed to one another.
14. Be willing to forgive.
15. Show respect and courtesy.
16. Focus on giving rather than taking.
17. Don't just tell your spouse you love them; tell them why.
18. Celebrate the small things.
19. Be willing to say "I'm sorry."

What tips do you have for a successful marriage?

– from Kevin Martineau's *Shooting the Breeze* blog at <http://kevinmartineau.ca/successful-marriage>

Build a great marriage, spend time sharing with each other from Dr. Steve's book *20 Rules and Tools for a Great Marriage*.



RESOURCES FOR COUPLES

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

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.

A Lifeline for Marriage Retrouvaille helps couples through difficult times in their marriages. This program has helped 10's of 1000's of couples experiencing marital difficulty. There's a weekend on June 10–12. Call 503-225-9191 or visit www.helpourmarriage.org



We challenge you to have lots of fun. Rekindle the sizzle! **Date 4 times/4weeks** during August. Hey, start practicing for the challenge now! Get them on your calendar, take turns deciding what you'll do.

Stuck in the "dinner and a movie" rut? Get ideas for your next date from **Great PDX Dates** at www.DateNightPDX.org under Resources.

Your first date is ready for you: **Date Night Comedy Tour**, August 5th at City Bible Church. Laugh until your sides hurt. Get your tickets at www.DateNightPDX.org



Have fun! Date often, why not weekly?

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Every Marriage Matters

Advocates for Healthy Marriage

Check out additional resources at www.EveryMarriageMatters.org