

Reasons to Praise Your Spouse

Praise is an essential ingredient to a healthy, happy marriage. Building one another up on a daily basis is a surefire way to build intimacy and keep your love alive for years to come.

Here are 3 reasons why praise is so critical to your marriage.

1. PRAISE MAKES US FEEL LOVED

It feels good to be praised—especially when that praise is coming from the most important person in our life. When our spouses praise us, it brightens our day. We feel cherished and special. Most importantly, we feel loved—and we feel motivated to repay that praise. That's a good cycle to put into motion.

2. PRAISE RAISES OUR CONFIDENCE LEVEL

When we're fed a steady diet of praise and encouragement, we naturally become more confident in our own abilities and attributes. Consistent praise could mean the difference between your spouse achieving his or her goals, or falling short. Praising your spouse (or receiving praise from them) can take a bad day and turn it on its head.

3. PRAISE CREATES A UNITED FRONT

This benefit to praise in marriage is twofold:

1. Praise unifies you from within your marriage
2. Praise unifies your marriage from the outside in

When you're spending your time and energy finding good things to say to one another, then vocalizing them, you're building goodwill in your marriage. Praise solidifies the love you have for each other and brings the two of you closer. And the time and energy spent on praise means you won't have the time to tear one another down.

If you haven't been taking the time to praise one another, the best time to begin is now. We've seen praise do powerful things in marriage; we're confident it can pay dividends in yours, as well.

– Les and Leslie Parrott, see the full article at <http://tinyurl.com/mp3dg97>

Have you read "Sacred Marriage" by Gary Thomas?
A great follow up would be his new book "Cherish"



Your marriage can be one of your life's most rewarding relationships!

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.

RESOURCES FOR COUPLES

Retrouvaille provides the tools to help put your marriage in order again. The main emphasis of the program is on communication in marriage between husband and wife. It will give you the opportunity to rediscover each other and examine your lives together in a new and positive way. It is a weekend experience with a series of 6 to 12 post-weekend sessions. Weekend of Jun 23-25 at Portland, OR. Call 503-225-9191 or visit www.helpourmarriage.org

Next Level Relationships Training Help couples take the "next best step" in their relationship! We'll train you on how to lead a skills-based, group experience with small groups, adult education classes, or even weekend retreats! The group program features a researched based assessment, Couple Checkup, powered by Prepare/Enrich. Sat, Jul 23, at Harvest Community Church, Beaverton. Details at <http://tinyurl.com/lqf3dhw>

Date Night PDX You are challenged to have fun and restore vitality to your relationship by dating **4 TIMES, 4 WEEKS, 4 FUN**. Enjoy each other this summer! Explore www.DateNightPDX.org for great date and food ideas.

Date Night Comedy Tour invades Portland August 11 at City Bible Church. Tickets are on sale now, \$30/couple, at www.DateNightPDX.org. It'll be hilariously funny and a great way to kick start your August Date Night PDX challenge.

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Every Marriage Matters

Helping Marriages Become All God Intended

Check out additional resources at www.EveryMarriageMatters.org