

Compliment Your Spouse

A comedian once said that women need three things: food, water, and compliments. And Mark Twain once said, "I can live for two months on a good compliment." Everyone appreciates a good compliment. That's *especially* true in marriage. Over the next few days, try increasing and improving your compliments to your spouse using these five types:

1. **People Skills: Compliment how they treat a stranger.** Note when they show uncommon kindness, generosity, chivalry, courtesy, or patience with someone. Let them know what and why you admire that.
2. **Parenting Skills: Compliment the way they handle your kids.** Your spouse is more aware of their parenting mistakes than their parenting strengths. You can help them see what a difference they make in your kids' lives.
3. **Get 'er Done Skills: Compliment their ability at a task.** It's important to let your spouse know that you admire their abilities, but don't just compliment an extraordinary skill. Let them know you appreciate all the things they do. Don't just treat it like it's just their job...you should still compliment them.
4. **Challenges: Compliment their handling of a difficult situation.** If you see your spouse navigate a hard situation well, let them know that you noticed. Tell your spouse that you see how they help your marriage and family.
5. **Appearance or Style: Compliment the impression they make on you.** To be most effective, compliment how your spouse improves what they wear, not vice versa. I sometimes say to my wife, "Susan, you make that dress look really good!"

Adapted from a MarkMerrill.com blog

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

Marriage Encounter A weekend that can help married couples turn a good (or even ho-hum or boring) marriage into a GREAT marriage! Rediscover the spark that was there on your wedding day! Rediscover the best friend you had when you were first married! Sponsored by the Catholic Church May 26-28 in Beaverton, OR. For details call James & Marisol Carter (503) 853-2758

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

Date Night PDX You are challenged to have fun and restore vitality to your relationship by Dating 4 Times In 4 Weeks 4 Fun. Enjoy each other this summer! Get ideas from www.DateNightPDX.org

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