



## 5 ways to improve your marriage today

1. Make a list of your spouse's best qualities. Include character, personality, physicality, skills, and giftings. Pray through this list everyday. We tend to focus on what's wrong with our spouse instead of what we love about them. This changes how we see them.
2. Now make a list of all your shortcomings. In marriage, we often want our spouse to change, when it's our attitude and behavior which needs to change first. Listing our sin or shortcomings helps us see ourselves more honestly and helps us understand our role in the marriage.
3. Say "I'm sorry" first. This creates an atmosphere of cooperation and peace. Truthfully, the one who says I'm sorry wins. It's a beautifully freeing way to live. Say I'm sorry to little offenses and the ones you've majorly messed up on.
4. Is there anything you need to forgive your spouse about? Do you have bitterness or unresolved conflict which needs to be addressed? Have the courage to forgive. Unforgiveness only hurts yourself.
5. Ask your spouse - "What do you need?"  
We have this romantic notion our spouse will intuitively know what we need and it's not true. We really want to help our spouses, but sometimes we're misguided. By asking them what they need, we can truly help them. It provides understanding and connection by putting your spouse first.

