

Five Keys to a Great Marriage – Unlock the Secrets to a Lasting Love



1) Be Caring

Your spouse is a gift from God. Let him/her know they are No. 1 in your life – your best friend.

- Make time for each other
- Listen carefully when he/she is talking
- Be interested
- Try to see things from their point of view

2) Be Open

Risk being honest about your feelings, needs and hurts

- Talk about your hopes and fears
- Talk about your day, especially if it's been rough and ask about their day
- Tell him or her what they do right, pay compliments
- Tell them the good things about your love making together

3) Be Generous

Try always to meet their needs before your own. Be kind and thoughtful.

- Surprise him/her – breakfast in bed?
- A happy welcome back from work
- Write a note "I love you". Say it, often.

4) Be Peacemakers

All couples have disagreements. Speak gently. Don't accuse. If you have had a row you can rebuild love if you

- Don't sulk and refuse to say anything
- Don't withdraw – say sorry to each other
- Are prepared to admit you were partly to blame
- Speak kind words. These can bring comfort – with a hug even better. Make a cup of tea, sit close together and talk it through.

5) Be Committed

- Enjoy doing things together, walking reading, decorating, playing.....
- Share income and possessions
- Never allow any third party to have first place in your thoughts
- Have fun together!

Many couples believe the myth that either a marriage works, or it doesn't. You either click or you don't. If the loving stops, you call it quits and find somebody else to love.

But enduring true love isn't just about short term feelings. Feelings change –they can be as unreliable as the weather. Building a lifelong marriage on how you feel today means that the two of you may never make it through tomorrow.

So how do couples make it beyond tomorrow – and on, and on, and on?

The answer is simple, by devoting themselves to each other. And what does devotion look like? Often devoted couples have said one or more of The Five Keys have helped them to find lasting love.