

# *Keeping Your Marriage Strong*

## **Take the time to express your gratitude.**

The benefits received in marriage should not be taken for granted. A mere "thank you" can go a long way in showing your spouse how you feel about what he/she did for you. It can be for a big thing he/she has done or for a simple, everyday act of kindness.

## **Don't forget to share.**

This holds true for both the good and the bad you might have to share with one another. By failing to share, you shut out your spouse, and keep them from supporting and helping you through tough times. Marriage involves the celebration of good things, and the talking over of the bad things.

## **Remember that your marriage is a partnership.**

Each marriage is a true connection between you and your spouse. Spending too much time with someone besides your spouse, and sharing your deep and personal feelings with that person, can make your spouse feel left out and unappreciated.

## **Be careful of your financial situation.**

Sometimes in a relationship, you can have one spouse be a saver and the other spouse a spender. It is vital that spending and savings be discussed so as to avoid conflict with one another. Set a budget and stick with it. Keep track of what you spend and what you save.

## **Watch your own level of independence.**

Even if you can get everything accomplished by yourself, let your spouse know that he/she is really needed. All people need to feel needed sometimes. Spruce up your spouse's self esteem by letting him/her in on what you are doing every once in a while.

**Watch your level of dependency.**

On the other hand, being too dependent on your spouse for every little thing can make him/her feel overwhelmed and want to stay away from you for a while. Being the person who has to do every little thing can become a very heavy burden.

**Avoid overextending yourself.**

It is possible to get too emotionally involved in hobbies, communities, and job skills that your spouse takes second place. It can create conflict and stress between the two of you. Everyone has things they want to do that won't involve their spouse, but there is a balance that must be kept between the two of you in order for your marriage to remain happy.

**Don't worry about the little things.**

In a marriage, there will always be habits and mannerisms that bother one or the other spouse. These are the small things that are not worth bickering over. Let them go and focus on the bigger things instead.

Keeping a marriage strong and healthy takes a lot of work. It makes the work a lot easier (and sometimes more fun) when you are on the same page as your spouse, and you are doing your part to make your spouse feel special. It is a work of the heart when you truly love your spouse.

*Remember: When you know better, Do better.*

*Bro. and Sis. Nelson*