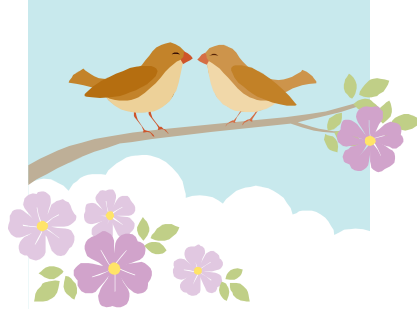


# Key to a Healthy Marriage: Communication

by John and Karen Schmitt



## ***A. Pray Together***

- 1. "A cord of three strands is not easily broken". Ecclesiastes 4:12***
  - That means you, your spouse and the Lord working together.***
- 2. Agree in Prayer***
  - Read Matthew 18:19 together***
  - The two of you can agree on something together in prayer and watch and see how the Lord will use this to strengthen your marriage.***

## ***B. Deal with Conflict***

- 1. After prayer, talk to each other.***
- 2. If you disagree about something, do not do it in front of the kids!***
- 3. Use "I" statements such as "I feel" instead of "you always" or "you never".***
  - In this way your spouse can see your heart and does not feel threatened. It will open up a whole avenue of communication.***

## ***C. Spend Time with Each Other***

**1. Plan a date night.**

- *This can be hard in our busy lives but it is essential to a healthy marriage. Each week set aside a specific time to go out together. No excuses! If you are broke, you can still take a walk together. Go to the beach or park. If you have funds set aside, go to a movie or dinner, go ice-skating or something you both enjoy.*

**2. Make together time a priority.**

- *If schedule conflicts arise, don't hesitate to ask your L.I.F.E. Group Leader or Pastor for prayer. (Remember "pride goeth before a fall", so don't hesitate to get counseling.)*

