Nurturing JOY In Marriage

Apostolic Christian Counseling And Family Services

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"Live joyfully with the wife whom thou lovest all the days…"
Ecclesiastes 9:9

Be Purposeful

"I press toward the mark for the prize of the high calling of God in Christ Jesus." ***Phil. 3:14***

1. Highly happy couples tend to put God at the center of their marriage. They focus on Him, not their spouse, for fulfillment and happiness.
2. Highly happy couples practice meaningful touches throughout the day, boosting relational and individual health.
3. Highly happy couples find that when they can't resolve conflict before bedtime, they choose to sleep on it. If anger remains in the morning, they don't let it go unresolved; they deal with it.
4. Highly happy couples generously focus on what their mate is giving to them. The spouse, in turn, deliberately tries to give back.

Be Present

"And whatsoever ye do, do it heartily, as to the Lord, and not unto men;" Col. 3:23

1. Highly happy couples choose gratefulness for how their spouse realistically meets their needs instead of longing for something which is difficult or impossible for their spouse to meet.
2. Highly happy couples aren't just spending time together because they are happy; a big part of the reason they're so happy is that they are spending time together!
3. Highly happy couples treat one another with intentional kindness; they joke and they challenge, but they try to never do it in ways their mate would perceive as disrespectful or hurtful.
4. Highly happy couples fully invest emotionally in their marriage by risking vulnerability; this leads to a dramatically increased security and happiness in the relationship.

Be Positive

"Finally, brethren, whatsoever things are true… honest… just…pure…lovely…of good report; if there be any virtue, and if there be any praise, think on these things." ***Phil. 4:8***

1. When highly happy couples experience hurt, they extend grace and assume their mate's intentions were pure and have a reasonable explanation.
2. Highly happy couples quickly stop a negative train of thought or action by replacing unhappy or angry thoughts or actions with positive ones to combat negativity.
3. When highly happy couples inevitably experience hurt feelings and conflict, they eventually reconnect by mutually sharing a private signal that says "We're okay."
4. Highly happy couples give their spouse most of the credit for their relationship success – and they live in regular, conscious gratitude as a result.

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