



## 6 Simple Ways to Keep Your Marriage Healthy

**Read:** Mark 10:2-16

In the gospel we hear Jesus being questioned about the married state. Jesus responds by reiterating the importance and indissolubility of marriage.

Whenever I read this passage I always ask myself the question, what makes a strong marriage? Every marriage has difficulties. Two people living together and balancing life is difficult enough. Throw in a few rambunctious children and you have a recipe for disaster. Tension is inevitable. But how do you strengthen your relationship and navigate rocky patches before real trouble strikes?

(1) Create a budget together. Statistically, money is the number one cause of fights among couples. A fruitful marriage is one where couples manage their money wisely. Jesus says, “If you have not been trustworthy in handling worldly wealth, who will trust you with true riches?” (Luke 16:11). Your spouse is your greatest treasure. Include him or her in your financial plans and avoid the conflict in the first place. (2) Remember why you fell in love. What qualities attracted you to your spouse? Focus on the good things. (3) Repent and ask for forgiveness. The word repent in Greek means to take a different perspective on the situation. Saying “I’m sorry” goes a long way. (4) Invest in your relationship. Make an effort to show your spouse you love him or her. Marriage is hard work and love is often a choice. The grass is not greener on the other side. It is greener where you water it. Work on staying in love. (5) Play together and have fun. Don’t let your marriage become monotonous. That’s part of the reason Jesus likens the kingdom of God to children. Children have fun, they play together and play relieves stress. Give it try. Invest in your relationship by doing something fun with your mate. (6) Pray together. When you aren’t right with God you won’t be right with your spouse. Put God first and take time to grow spiritually as a couple.

Marriage can be difficult at times. That is why God wants husbands and wives to work together in order to build a loving marriage. He desires that couples have healthy and fruitful marriages. That was his plan “from the beginning”.

**Discipleship Challenge:** This week, take your spouse on a date or spend quality time with a friend.