



## MARITAL MAINTENANCE



**1)** Your Marital Mindset should include the notion that "I want my spouse's life to be better because of my presence." Marriage is not so much about what you withdraw from it, but rather the good that you deposit into it.

**2)** Time is a valuable commodity of which we never seem to have enough in terms of quantity., it is advisable then for couples to focus rather on quality time. Quality time in a marriage involves momentum moments wherein you and your spouse make the most of your day having positive interactions that help keep you better connected. Presence and pleasantries are paramount prerequisites to peace.

**3)** Good relationships often turn into marriage; however, you can be married while lacking relationship! Oftentimes couples get caught up in the routines of life while subconsciously neglecting one another and/or allowing other things (job, children, pursuits) to separate the harmony of your spousal home. Do not hesitate to hit the reset button of your marriage when you and your spouse feel distant. Every marriage needs to be rebooted every now and then to better align priorities, thus making room for relationship.



**4)** Recognize that the antagonist of your marital story is Satan. The devil knows that when husbands and wives are not on one accord, it's easier for him to conquer one or the both of you. Constant turmoil is a sign that Satan has taken up residence and moved into your marital home. Selfishness is often at the core of most marital mayhem. Satan has no problem with you or your spouse taking credit for his handiwork, as you point fingers at one another. Focus on what's best for the marriage as opposed to what's best for me. Evict the true enemy of marital harmony!

**5)** Are you and your spouse on the same team? Couples can be unified although playing different roles on the same team. Married couples are to be allies and not adversaries. Is God your coach and if not, why not? The coach gives the plays but it's up to the team to carry out the plan for success. Do not sideline the Lord. A good marriage consist of three strands intertwined into a threefold cord: you, your spouse, and God! Let God have His way; Is there room for Jesus in the inn your marital home (Luke 2:7).