Living as One

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TABLE OF CONTENTS

Dedication……4

Acknowledgements……5

Introduction……6

Chapter 1 Love One Another……9

Chapter 2 Have a Vision for Your Marriage……15

Chapter 3 Agree on a Constitution for Your Marriage……21

Chapter 4 Effective Communication……24

Chapter 5 Know Your Love Needs……28

Chapter 6 Build Friendship……36

Chapter 7 Mature in Your Marriage……39

Chapter 8 Serve Each Other……42

Chapter 9 Be Contented……44

Chapter 10 Have Fun and Enjoy Sex……50

Chapter 11 Watch and Pray Together……57

Chapter 12 Be Positive-minded……60

References ……62

DEDICATION

I dedicate this book to God for all His numerous benefits in my life and family.

This book is also dedicated to my parents and all the ministers and teachers whom God has used to teach me and give me good understanding in the pursuit of my purpose in life.

I also want to dedicate this book to the many married couples in the world today who desire to enjoy their marriages. I pray this book will help you to achieve your dreams.

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I would like to acknowledge the Holy Spirit, who teaches me all things. I deeply appreciate my wife for her good support and for building a happy marriage with me and helping me fulfil my purpose. I also want to acknowledge my parents for demonstrating a godly marriage and staying married until the passing of my mother. I also want to acknowledge everyone who is part of the Kingdom Builders Married Couples forum, for the good ideas we have shared during the course of those events, and I acknowledge especially Mr and Mrs Sylvester Kachi and Golden Chumbi for their steady and continuous support in the Kingdom Builder's forum. I also acknowledge Mr and Mrs Dotun Adegoke for their support to my family. I acknowledge Alaythea Hamlyn of Truth House publishing for her immense help in working out this book for me, and all my friends, family, and partners in my ministry who have contributed to the success in my life and ministry. I pray God's blessing on you all. Thank you, God bless you, and help you each achieve your respective greatness in life

INTRODUCTION

The key to enjoying marriage is being able to live as one, just like God intended a man and his wife to live. Firstly, in the beginning, God made a male and a female as one. Genesis 1:26-27 *And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. So God created man in his own image, in the image of God created he him; male and female created he them*.

Secondly for the sake of companionship, God separated the female from the man's body into another body called woman, with the intention of their still living as one. The woman came out from the man; this means the woman was part of the man in the beginning. God formed the male and the female into one being and called man as a living person.

Genesis 2:18-25 *And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him. And the LORD God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof; And the rib, which the LORD God had taken from man, made he a*

woman, and brought her unto the man. And Adam said, this is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man. Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. And they were both naked, the man and his wife, and were not ashamed.

Mark 10:2-9 *Some Pharisees came to test him. They asked, "Is it lawful for a man to divorce his wife?" He answered them, "What did Moses command you?" They said, "Moses allowed a man to write a certificate of divorce and to divorce her. But Jesus told them, "It was because of your hardness of heart that he wrote this command for you. But from the beginning of creation, 'God made them male and female. ''That is why a man will leave his father and mother and be united with his wife, and the two will become one flesh.' So they are no longer two, but one flesh. Therefore, what God has joined together, man must never separate."*

Paul said this is a great mystery (Ephesians 5:31-32)

When you love your spouse, you love yourself, not another person. And as long as you can live with yourself, you can also live as one with your spouse, if you see yourselves as one. This means that living as one is not a new thing you originate; it is what has been created from the beginning, which you are to live out with

your spouse. Solomon in all his wisdom said he could not understand the love between a man and a woman. (Proverbs 30:18) This is God's work and it is marvellous to us.

So let us explore in the following chapters how to live as one in the different areas of our marriages.

> ***But from the beginning of creation, 'God made them male and female. "That is why a man will leave his father and mother and be united with his wife, and the two will become one flesh.' So they are no longer two, but one flesh.***

Chapter One
LOVE ONE ANOTHER

~ ♥ ~

So all of you should live together in peace. Try to understand each other. Love each other like brothers and sisters. Be kind and humble. Don't do wrong to anyone to pay them back for doing wrong to you. Or don't insult anyone to pay them back for insulting you. But ask God to bless them. Do this because you yourselves were chosen to receive a blessing. (1 Peter 3:8-9 ERV)

Love is essentially based on how good someone makes you feel and how good you feel towards that person. When two people in love, keep making themselves feel good towards each other, then the love is bound to continue. The more they can make each other feel good, the more their love grows. You should spend quality time together with your partner discussing things that stir up love and doing things that provoke love in each other. Love is an action word: when you truly love, you will please whom you love, and the love you give will be reciprocated. To love is easier than to hate; when you don't focus on loving, you may be tempted to find reasons to hate, because life does not give you a choice to be in between.

Love is essentially based on how good someone makes you feel and how good you feel towards the person.

Love is a choice. When you marry, you have announced to the world that you have chosen to love your partner unconditionally above other people. But unfortunately some people don't really resolve from their hearts to love their partners, because they don't like the character of the person, or they think there is someone better for them out there. Either way, before you decided to marry you must have chosen to love for some reason. So, as long as you are married, you must choose to love your partner as the best person for you, above anyone else, in order to have an enjoyable marriage. Sometimes we receive love from our partners according to how much we give, because love is also a seed, which you sow to reap. But we are called by God to love as a responsibility; you must endeavour to love your partner with all your heart. Sometimes, one partner will be sowing more love, so that the other partner will follow up with that intensity. You must always focus on playing your part properly, notwithstanding your partner's responses, because God will reward your faithfulness in loving. When you love your partner with all your heart, you are showing faithfulness to God's ordained institution of marriage, and there is nothing that we do

As long as you are married, you must choose to love your partner as the best person for you above anyone else.

as God commands that we will not be rewarded for in this life and after this life.

GROWING IN LOVE

Love in marriage is meant to grow as couples live and do things together. This should be your focus in marriage. Some people think that love in marriage is supposed to be very strong at the beginning and diminish with time, but the truth is that love should begin little and grow with time as you get to know each other better. I believe what some people call love is the physical attraction they had for each other at the beginning, which they lose with time as they discover their weaknesses. Your attraction for each other in marriage should be based not only on physical looks that can change with time, but it should be based on the inner beauty of your partner's character, which pleases you. This is a beauty you discover as you relate to, and agree with, your partner over issues of life.

The Bible says that two cannot walk together except they agree, so I believe the degree of a couple's growth in love is related to the level of agreement they reach over the issues of their lives.

In walking together, there should not be a competition between you and your spouse, but you should complement and complete each other. You should not compete with your spouse to see who is best at what you do; this does not stir up love, but brings strife.

The degree of a couple's growth in love is related to the level of agreement they reach over the issues of their lives.

You should focus on patiently growing love in order to build your marriage. Never build anything in your marriage at the expense of your love for each other. Love requires patience to grow; when couples are newly married they require a lot of patience and understanding with each other in order to grow in love together. This is because as they get to discover each other, their selfishness gets in the way, and they try to protect themselves from being hurt. Newlyweds need to spend time with each other in honesty to build faith and trust in each other. As they do this, the love they have for each other will be established in their hearts with time. Love must grow or it stands to diminish, because whatever does not grow will diminish with time. Nothing is static; even if it is not diminishing physically, people will grow above it. So some couples, who don't grow in love will, with time, diminish in love, and may even resort to hatred and divorce.

The Bible says be well informed of the condition of your flocks and pay attention to your herds. This means you must always be well informed on the progress and condition of your spouse, your marriage, and your family. You don't need someone else to inform you of your spouse's displeasure or unhappiness; you yourself should watch out for any form of displeasure in your spouse and pay attention to making things right.

Love does not grow on its own; it has to be worked out daily, according to what the Bible says in Philippians 2: 13 that you should *work out your own salvation with fear and trembling.* You must diligently make sure love is growing in your marriage. The growth of love in your marriage is known by the level of freedom and closeness you have with your spouse compared to when you first met. Don't let the weaknesses that you discover in your spouse be magnified in your mind above the goodness that you know is there. Focus on the goodness of your spouse daily, even as you try to deal with the weaknesses in love, knowing that you also have weaknesses that need to be dealt with, because no human being is perfect. Don't nurture malice and don't sleep over misunderstandings. Try to

The growth of love in your marriage is known by the level of freedom and closeness you have with your spouse compared to when you first met.

sort out issues in love without selfishness and self-centredness. The strength of love is in working together for the prosperity of your marriage above selfishness.

Selfishness and self-centredness are the greatest enemies of love. When people in love can get rid of selfishness and self-centredness there is no limit to their love. The Bible says let the wife focus on pleasing the husband and the husband focus on pleasing the wife, this is an instruction God gave in marriage to help deliver married couples from selfishness, so they can prosper in their marriage. If you and your partner can overcome selfishness and self-centredness in order to focus on each other, both of you will be in love for a lifetime.

When you love your spouse, you love yourself, not another person. And as long as you can live with yourself, you can also live as one with your spouse, if you see yourselves as one.

Chapter Two
HAVE A VISION FOR YOUR MARRIAGE

~ ♥ ~

Where there is no vision, the people cast off restraint; but he that keepeth the law, happy is he. (Proverbs 29:18 ASV)

Your vision is what you want to achieve with your marriage. Many couples only have a vision for their wedding day, but not for their marriage. The word of God says anyone who wants to build a house should sit down and count the cost. (Luke 14:28) To count the cost is to know what to expect, which can only be done through your vision.

You and your spouse should have a discussion and agree on the kind of marriage you hope to build. Your marriage is like a house or a garden that God has given you and your spouse to build or cultivate; so you and your spouse must have a plan for that garden in order to achieve the best result possible for both of you. You are free to build and cultivate it in such a way that it suits both of your needs; you don't have to copy and paste from other marriages, although you can learn the dos and the don'ts from others.

My wife and I adopted a vision of enjoying our marriage; this means that whatever we want to do, we first ensure it will help us

enjoy our marriage. If it will not help us enjoy our marriage we drop it. Sometimes immediate forgiveness, a long chat to resolve issues, or some sacrifices are needed, to make each other comfortable and to promote enjoyment in the marriage. I can say this: without the vision we agreed on as our target and goal every day, we may have taken each other for granted or done selfish things to each other.

Vision helps to tackle selfishness, which becomes the main obstacle to love. Selfishness is the pitfall of any relationship, but most especially of marriage. If you don't guard against pitfalls by building good foundations and good walls in your marriage, which means discipline in your marriage, cracks will develop later and this will cause a breakdown in your marriage.

When both of you understand and clearly see the vision for your marriage, you will grow in love with speed and nothing will easily hinder your marriage. Your speed of travelling at night is dependent on the brightness of your headlights. The world we live in is a dark one, and requires bright lights to travel through it. The word of God says *where there is no vision, people perish*, (or, in other words, people cast off restraint) (Proverbs 29:18); they get bored and tired because they are going nowhere. It is like playing a soccer match without a goal post, or driving a good car without a

destination. Vision brings guidance, and it brings fulfilment when it is achieved. It is also what strengthens us to overcome our limitations in life. So have a vision of the kind of marriage you hope to build and it will help both of you get rid of limitations and weaknesses in order to fulfil that vision.

Every marriage requires a good vision for good success. Vision in marriage is the purpose and expectation of the marriage, which a husband and a wife agree to adopt as their main focus in their marriage. This is something they are committed to fulfilling in their marriage every day, despite their differences. It becomes their target every day. The Bible says two cannot walk together, except they agree. This means there must be something to agree on, something like a common vision, which becomes an end goal for the relationship. A vision is what determines the lifestyle of your relationship. Marriage is like two people who choose to walk together, but if they do not instil some agreement into things that affect their lives daily, they will not be able to walk together, and they will walk apart.

The Bible says two cannot walk together, except they agree. This means there must be something to agree on – a common vision.

Anything without a vision is going nowhere, it will achieve little or nothing, and it can easily be distracted and end in failure. I

believe this is why some marriages fail, because the relationship just existed, like a moving car, and the couples involved – who are the drivers of the vehicle – are unsure of where it's going. Sometimes they could suggest pulling over to rest: that is when one or both partners might solicit space to think about what is happening in their marriage. Success in marriage demands spelled out visions, and agreements with boundaries. This helps both parties agree on how they will live their lives to succeed and to overcome interruptions from third parties. Someone said that when you don't plan to succeed, you are planning to fail.

Many couples have successful weddings, because they planned for it, but fail in their marriages because they did not plan to succeed in it. They thought things would work out by themselves, but eventually things don't work out that way. The scripture says people plan their ways, but God directs their steps. Vision helps us to plan our words and actions towards each other, because we know what we want to achieve. Many people have a vision and a plan for their career, business, children, and other things in life, but don't have a vision or plan for their marriage. Some people even think that marriage already has a pattern it should follow, so it is needless to plan or direct it. This is not true. Every marriage is

brand new on earth and needs to be guided or directed in a way that suits each partner, to achieve good success.

COMMITMENT TO YOUR VSION

Marriage is a long term project that requires commitment to your vision to achieve a good and quality relationship. It is one thing to have a vision and another thing to be committed to fulfilling it. It is your commitment to your vision with your spouse that will make living as one a reality. The head of every marriage, which is the man, is responsible for drawing up a vision with his wife in agreement for their marriage. Marriage is given to every couple as a beautiful, virgin garden in which to cultivate what they would like to harvest. It is your responsibility and requires your commitment to work out what you would like to see and experience in your marriage. If you cultivate nothing, then weeds, thorns, and grasses will grow in your garden, which means trouble all over your marriage. But when you and your spouse have a vision and commit to planting the seeds of that vision, no matter what the challenges, both of you will have a beautiful garden full of your desires. There is a saying, ‘As you make your bed, so you lie on it’; in other words if you don’t make it well, you may not be

able to lie on it well. So have a vision for your marriage and work towards it with patience, and you will succeed.

You should not allow situations and challenges to determine how you build your marriage. When you have agreed on your vision with your spouse – what good you intend to get out of your marriage with your spouse – then set your heart to achieve it and don't let people or anything – even your spouse's behaviour – change your direction. As long as you have chosen to be married, marry for a good purpose that will profit both you and your spouse, and make sure you fulfil that purpose.

You must be vigilant and guard against anything that does not agree with your vision. If something emerges that is in conflict with your vision, root it out. You and your partner are the custodians and keepers of your vision, which you must guard in agreement with each other at all times.

Marriage is given to every couple as a beautiful, virgin garden in which to cultivate what they would like to harvest.

Chapter Three
AGREE ON A CONSTITUTION FOR YOUR MARRIAGE

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Is it possible for two to go walking together, if not by agreement? (Amos 3:3 BBE)
Again I say unto you, that if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father who is in heaven. (Matthew 18:19)

A constitution for your marriage is simply made up of what should constitute your marriage and what should not. You and your spouse should adopt a constitution for your marriage, which both of you are willing to submit to. Building a long lasting relationship like marriage, without a commonly agreed lifestyle to uphold, is like building a house without walls or partitions. In a house without partitions or walls people get in each other's way. This means that there is no discipline or regard for one another, each of you does as he or she pleases without considering the other, and this can cause ugly situations for both of you in the long run. Every good relationship is built on a constitution, whether verbal or written. Communities, nations, and even God's relationship with man, have a constitution. God's

A constitution for your marriage is simply made up of what should constitute your marriage and what should not.

constitution is the Bible which guides and directs man. I encourage you to adopt the Bible's New Testament guidelines for marriage as your constitution, because marriage was founded and created by God, and if you must succeed, you need to use His manual. Your constitution is what you refer to as a guide when there is a situation in your marriage that needs to be dealt with. A constitution helps to deliver us from selfishness and self-righteousness, because when you are offended by your spouse, there is a tendency for you to claim that you are right and to see your spouse as being wrong, which may or may not be the case; but if you refer to the word of God as your constitution, with an open heart, you will receive wisdom to find an amicable solution to your problem. Constitutions are the set of principles that hold any relationship together and cause us to respect, and give dignity to, each other even when we are not so pleased by each other's actions. A constitution is what can keep people of different upbringings and cultures together, and functioning in harmony. Marriage is a relationship made from two people of different backgrounds and cultures, and as long as both of you did not grow up in the same home, you have different backgrounds and cultures. A constitution is what you need to align your lives with each other, so you can grow up together. A marriage constitution

can be made up of what is expected of the man, which is to love, and what is expected of the wife, which is to submit. It can also contain clauses describing what the husband and wife should not do, even when they are angry. For instance, you can agree together that the husband should not hit the wife when he is angry, and the wife should not disrespect the husband with abusive words when she is angry. Your constitution can also include boundaries regarding meddling from the in-laws, relatives, and friends in the affairs of your marriage, because generally there will be some people who do not know how to keep away from the affairs of others. A good constitution for your marriage will help you and your spouse to shape up and speedily grow in your relationship.

Building a long lasting relationship like marriage, without a commonly agreed lifestyle to uphold, is like building a house without walls or partitions.

Chapter Four
EFFECTIVE COMMUNICATION

~ ♥ ~

Let no corrupt communication proceed out of your mouth, but that which is good for the use of edifying, that it may minister grace unto the hearers. (Ephesians 4:29)
Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. (Ephesians 4:31-32)

Effective communication is the ability to share your thoughts, feelings, and actions honestly with your spouse without using provocative or hurtful words or actions. Communication can either be in words or in actions. The truth of life is that if you fail to communicate your issues in words to your partner, your partner will pick up your lack of communication as a negative communication. You cannot run away from communication as long as you are married to your partner; it does not matter if you see each other daily or not, the important thing is that there is a level of communication that should take place daily. Each time you see each other, whether you talk to each other or not, a communication takes place, whether positive or negative.

Communicate your issues in words to your partner or your partner will pick up your lack of communication as a negative communication.

Every relationship has a basis from which the parties involved communicate, wherever and whenever they meet. It could be on a friendship, relative, colleague, neighbour, or associate communication basis. This means, whatever basis of communication you have with someone, when you meet, if you don't communicate at the level of that basis of your relationship, a negative communication is received. For your marriage relationship to prosper through communication, you and your spouse must endeavour to communicate at the level of a loving couple, and nothing less. True communication requires honesty and sincerity with care, because the communication that is impactful is that which comes from the heart. Some couples communicate one thing to their spouses, but they mean something else in their heart and this can present a great challenge to working together as a couple. Whatever is not from the heart is not real and cannot convey to your spouse what you really want. It is when you convey what is in your heart through what you say, that true communication results.

PURPOSE OF COMMUNICATION

The purpose of communication is to help you know your spouse well and convey your thoughts and feelings properly to

him or her at all times. Without honest and open-hearted communication you cannot know your spouse; and a spouse you don't know, you cannot please. It is knowing and understanding your spouse that will give you wisdom on how to please him or her. You must communicate until you can know and understand what are the real likes and dislikes, desires, and aspirations of your spouse. This knowledge will help you be the best spouse to your partner. Some people want their spouses to know what they want without communicating it to their spouses. This can make a relationship challenging, because only God knows what is in the human heart, and other humans only know what is spoken out. You must learn to speak out your desires for your spouse to know them.

Communication can also help you to know the mindset of your spouse, how he or she sees life. This helps you to be able to represent your spouse on matters arising, and to speak on behalf of each other confidently.

SKILLS OF COMMUNICATION

A good communication skill is the ability to express your view in a way your partner will understand and accept with minimal or no offence. Some people communicate their feelings with all

honesty and sincerity but in an unacceptable manner, and this can lead to their communication being despised or rejected. They are eager to say all that is in their heart, without taking time to plan and arrange their words in an acceptable manner to their partner. Sometimes spouses take each other for granted by talking to each other in ugly ways that they don't use with their friends. This is not fair to your spouse, because your spouse must be treated better than you treat your friends. You should control yourself from shouting at your spouse, when there are mistakes, because both of you are one, and if you shout at your spouse, you are shouting at yourself.

A good communication skill is the ability to express your view in a way your partner will understand and accept with minimal or no offence.

You should not be in a hurry to say all that is in your heart; be in a hurry to captivate the heart of your listener. When the heart of your partner, in listening to you, is captivated with your thoughts and feelings, it will be easy to win your partner over. People are moved more when they are able to connect with your thoughts and passion than by your words. Be careful to order your words right and you will be understood by your partner.

You should not be in a hurry to say all that is in your heart, but be in a hurry to captivate the heart of your listener.

Chapter Five
KNOW YOUR LOVE NEEDS

~ ♥ ~

And this I pray, that your love may abound yet more and more in full knowledge and in all perception; that you may distinguish between things that differ, that you may be sincere and without offense until the day of Jesus Christ. (Philippians 1:9-10 MKJV)
My people are destroyed because they have no knowledge. (Hosea 4:6 ERV)

Love needs are your emotional needs which, when fulfilled, make you feel loved and satisfied. The best marriage relationship is when two people marry each other because their love needs are fulfilled by each other continuously. This means having that special person who, without a struggle, expresses qualities that make you feel loved. Everyone has a way he or she wants to be loved, and it is not a way you can pay for or manipulate; nor can you force someone to love you for your lifetime. Real love is what you find in someone; it is not what you make out of someone. Marriage works well when two people of compatible lifestyle live together, because it is easier to continue that same lifestyle of doing things together happily ever after. Two people cannot live or walk together successfully unless they are in agreement on what they

Real love is what you find in someone. It is not what you make out of someone.

do. Marrying someone who meets your love needs is like marrying someone who enjoys doing what you desire. Love needs are what our inner person desires; it is our emotional food for the wellbeing of our soul and body. It is that which strengthens us to live a fulfilled and happy life. All we possess, or ever will possess, cannot satisfy our love needs; they have to be satisfied by someone else who really cares, not by any thing or animal. Adam, the first man created on earth by God, could not have his love needs met by anything – not even the animals that God created – other than by the woman, the second human being created for him. Meeting love needs can keep two people together for a life time. Having someone who meets your love needs is having someone who enjoys doing what you love. God meets our love needs by satisfying our innermost need for love and peace. Love needs, according to a great author, Gary Chapman, can be classified into five main needs, which he calls love languages. These are different needs that make an individual feel loved when that individual receives them. I can recommend the book by Gary Chapman, *The 5 Love Languages*[1]*,* to everyone who cares to give and receive love.

WHAT PEOPLE NEED

You should try to find out how your spouse wants to be loved. Don't make assumptions, or give your spouse what you want to give. The simple question to ask your spouse is: what actions make him or her feel loved by you?

Some people need **good words**. Such individuals feel loved from receiving good and honest compliments from people. If this is what you most like to receive from a loved one, you will have to look out for this from your spouse. This must also be something that your spouse loves giving to you, without struggling to do so. You may not fully enjoy a person who likes giving you things, but cannot speak good words that please you at all times. Good words of encouragement at all times to a loved one can help him or her overcome his or her fears and limitations.

Some people need to have a **great time** with loved ones. This means they feel loved when someone spends good quality, impactful, and memorable times with them. So if you enjoy having a great time with a loved one as your most important love need, then you will love someone who enjoys giving time to you without complaining. Having such a person around you will always make you feel more loved than having someone around you who gives you things, but has no time to spend with you.

Some people need **actions of service**. These people feel loved when someone does them a good service, without being forced or coerced. It may not really matter whether they are little things or big things; what matters is the attitude of the service, because what you love to receive is also what you hate to receive if it is not given properly. This means you will most enjoy someone who always cares to serve you, more than someone who does every other thing but would not serve you happily.

Some people need **touch**. These people feel loved when they are being touched affectionately. The touches do not need to be sexual at all times; merely touches of appreciation and affection from someone you love will suffice. This also means that if you enjoy receiving touches of love, then you will require this most from your loved one, more than any other thing the person may want to do for you.

Some people need **gifts**. These individuals feel loved by receiving gifts from a loved one. It is not the size of the gifts that excites them, but the thoughts behind the gift. This means they will feel much more loved by someone who enjoys giving gifts as a symbol of love than by someone else who enjoys doing other things but does not give them anything.

Your love needs must be met mostly by your spouse, because you get the most connected to someone who meets your love needs the most. So any person who meets your love needs more than your spouse does can distract you and divert your love from your spouse. One of the reasons that people cheat in marriage is that they find another person who makes them feel loved more than their spouse does. It is better and safer to have your love needs satisfied more by your spouse than by anyone else. Some people do not even know what their love needs are. A good place to start is by taking a look at the benefit you receive from your relationships with your best friends. What makes you feel loved by them? In other words, what do they offer you that satisfy you? When you have identified those aspects, you may be able to figure out what are your love needs. I believe we do not have only one love need, but we have two or more that are major in our lives which, if ignored, can make us feel less loved. A good relationship is not only about meeting and receiving love needs; it is also about how the love needs are given and about the person's ability to receive them. Everyone receives better when they are given something valuable in an honourable way. Love is stirred up by the qualities you admire in your spouse. So the more good qualities you admire in your spouse, the more you are able to receive love

from that person. Another thing that can determine how far you can receive love from your spouse is how easily you relate with your spouse; this simply means how easily both of you can be open to each other without fear. So when two people have qualities that they admire in one another and have openness on both sides without fear, love can easily be stirred up between them.

Love needs are the ways you or your spouse desires to be loved. You should not force your spouse to be loved the way you want, but you should find out how your spouse wants to be loved. When you know how your spouse desires to be loved, meeting those desires gives instant gratification and satisfaction to your spouse and to you. It does not matter how many ways you choose to express love, if you don't express love in the specific ways that your spouse desires, your spouse will still not have a fulfilled love. Knowing your love needs is one thing and satisfying them is another.

Love needs are the ways you or your spouse desires to be loved.

SATISFY YOUR LOVE NEEDS

When you discover your love needs and those of your spouse, focus on how to satisfy those of your spouse, and share yours with your spouse to satisfy you. I believe that when both of you have your needs satisfied, you can always live happily, just as children can if they receive their best toys every day. Don't let anyone satisfy your spouse's love needs more than you do, because people seem to bend towards where they have been satisfied. If you allow someone else to satisfy your partner's love needs more than you do, you will be allowing your partner to be closer to someone else than he or she is to you. Satisfying your spouse's love needs makes your spouse feel good in life. Focusing on making your spouse feel good in life is one major component of love and marriage. Married life should be easier and better than being single, because two are better than one and they can make each other happier than if they are alone. When you know what makes your spouse happy, it should be your joy to give that as often as possible, so you can see your spouse happy. A beautiful marriage is a marriage of two happy people; nothing should stop you from giving that which satisfies your spouse.

You should endeavour to sort out with your spouse any issues that do not give your spouse happiness. This should be the basis of

couples settling their marriage issues as soon as they happen, because neither of them wants to be deprived of the peace and happiness offered by each other. Love is better given and received from a willing and cheerful heart than from a sad heart. You should always ask your spouse how he or she wants to be loved and satisfied, even if you are not in a position to fulfil those desires that at moment. If you know it and work at it, then your spouse will appreciate your effort. In summary every man wants his wife to respect him and be loyal to him and every woman wants her husband to care about her feelings and to be there for her. When you practice giving your partner his or her love needs, you and your partner will live as one and enjoy your marriage.

The best marriage relationship is when two people fulfil each other's love needs continuously.

Chapter Six
BUILD FREINDSHIP

~ ♥ ~

A friend loves at all times, and a brother is born for the time of trouble. (Proverbs 17:17 MKJV)
A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother. (Proverbs 18:24)
His mouth is most sweet; yes, He is altogether lovely. This is my Beloved, and this is my Friend, O daughters of Jerusalem. (Song of Solomon 5:16)

Friendship is a level of relationship that gives you liberty and makes you feel comfortable being yourself so that you enjoy the presence of your friend at all times. It is the best level of relationship. The Bible says a friend can stick closer than a brother. So build a friendship with your spouse.

True friendship is a relationship without fear; it is a relationship where you are honest with each other and help each other overcome every possible limitation in order to succeed together. This is perfect love, because perfect love casts out all fear. *There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love*. (1 John 4:18)

Perfect love is not a love relationship between perfect people; it is a love relationship without fear – couples who do not fear to live open-heartedly with each other in love. You should try to eliminate every fear you have between you and your spouse in order to have a perfect love for an enjoyable relationship.

Perfect love is not a love relationship between perfect people; it is a love relationship without fear

Friendship with your spouse will help both of you get the best out of each other and will also take your marriage to the peak of fruitfulness. Friends are people who enjoy each other's company as they relate together. It is important to try your best to be your honest self with your spouse from the beginning of your marriage; don't say one thing and mean something else. Friends are honest and truthful with each other, even when they have made mistakes. They are there to help each other and not to condemn; they speak the truth in love

Doing things together helps build friendship. We all had friends at different levels of our lives while growing up, like our primary school, high school, course mates, and other friends. Some of those friendships don't matter as much as they used to, either because you are not living nearby in your new phase of life, or because you are not doing things together. So, when you and your

spouse are not doing things and growing together continually, the friendship is bound to collapse. Friendship is a continuous thing; it is not just a once-off thing. Any friend you are not in constant communication with, stands to lose out from your friendship. It is the same with your spouse. It is not living together that makes good friendship, it is open-hearted communication and doing things together that makes good friends.

Making decisions together over the things that concern your lives and marriage can help build friendship, because it will further communication, respect, and togetherness. Raise your children together in love as one parent; make sure you and your spouse don't say different things to your children. You should try to always present a united front to your children, because that is the only upbringing they will respect and it will help build your togetherness and friendship.

It is not living together that makes good friendship, it is open-hearted communication and doing things together that makes good friends.

Chapter Seven
MATURE IN YOUR MARRIAGE

~ ♥ ~

But solid food is for mature people, whose minds are trained by practice to distinguish good from evil. (Hebrews 5:14)
Brothers and sisters, stop being children in your thinking—rather, be infants in evil, but in your thinking be mature. (1 Corinthians 14:20 TLV)
A wise, mature person is known for his understanding. The more pleasant his words, the more persuasive he is. (Proverbs 16:21 GNB)

Marriage is for matured people and to mature in marriage means that you are growing in knowledge and understanding of your marriage relationship. It also means that you are working with the understanding of your spouse for the success of your marriage. Your maturity reflects how much you know and execute your role in marriage at all times. Maturity is also knowing and respecting the structures God has set in marriage, which places the man as the head of the home to love his wife, and the woman as the builder of the home to submit to her husband. (Ephesians 5:23-33, Proverbs 14:1).

Matured people don't compete with each other; they stick to their assignments and fulfil them, because they believe that the God who assigned the roles did that for their own good, and they know that when they keep to the structure of the marriage set by God, they are serving God, who will reward them in this life and

after this life. Maturity is the pillar of any sustainable relationship. In order to mature you have to shape up your character by letting go of things that can limit your relationship. Marriage is for a man and a woman who are matured people; it is not for boys and girls. Every good relationship involves some compromises in our lifestyle habits and sacrifices of things that could offend our partners. When we shape up, we grow up in love together. Jesus said that any tree that bears fruit must be pruned by His Father, so that it can bear more fruit. (John 15:2) Maturity gives the capacity to bear more fruit. Matured people become more fruitful, because they let go of old unfruitful ways and build onto what produces good fruit. They work things out until they succeed. You should also shape up with regard to some relationships that could destroy your marriage.

Your marriage should be built only by you and your spouse, not by any comments from friends and family. You may use good advice from your loved ones, but you must be able to believe in it and make it your own, before using it. Many people give opinions and advice based on their own level of understanding and their own experiences, which may not apply to you and your spouse; so process advice from people thoroughly before you apply it, especially when you have serious issues to sort out. The best

marriage counsellor is God and His word. As you learn to seek His word in all you do, you will find knowledge and wisdom to overcome in times of trouble.

Prayer is also a major key to shaping up, because there are some things we cannot let go of on our own; we need God to help us to let go, so we can move forward. You need to pray about every limitation you have that you struggle with, no matter how small, because little things can easily break up a marriage. Things that are little to you may not be little to your partner and vice versa. The word of God speaks about little foxes that spoil the vine. So, as you watch and pray, you will find some things that you must deal with. Watch out for them, stop them in their tracks, and remove them from your life and marriage. God has given you authority to bind and to loose, so use your authority as a child of God to bind everything that works and manipulates against your relationship, so that you can move forward as God intends you to.

Be strong and very courageous to work out the good things in your heart that can beautify your relationship in God, who is the best and most solid foundation for your marriage.

Maturity is the pillar of any sustainable relationship.

Chapter Eight
SERVE EACH OTHER

~ ♥ ~

For you, brothers, were called to freedom. Only do not turn your freedom into an opportunity to gratify your flesh, but through love make it your habit to serve one another. For the whole Law is summarized in a single statement: "You must love your neighbor as yourself." But if you bite and devour one another, be careful that you are not destroyed by each other. (Galatians 5:13-15 ISV)

Service to your spouse is the help you render in your own area of strength and expertise to make your spouse's life better and more comfortable. Serving each other with all of your hearts is an action of love that will strengthen your relationship and bring forth good fruits in it, because service makes people feel important. You should serve each other as often as possible, even in small things. Service is the simplest way of saying to a spouse, I am here for you.

You should endeavour to serve and help each other with humility, because love is humble, love does not puff up, and it does not seek its own. (1 Corinthians 13) Humility is the perfume that enhances love. Where there is humility, love will prosper, because humility gives birth to sincerity, and sincerity brings compassion which strengthens love. Pride is a

Humility is the perfume that enhances love.

destroyer of love. Proud people who are in love cannot work together or remain together for long, because they are always competing and cannot apologise when they are wrong. They seem to see wrong in all that the other person does, and see only right in all they do. You must get rid of pride in your life, in order to enjoy your relationship. Many marriages are broken down not just because someone did something terrible, but because someone is proud and cannot be humble enough to allow love a chance.

Serve each other willingly and voluntarily. If your partner always has to cajole or force you to serve, then there is a limitation in your love, because true love is always willing to serve. The reason we pay people to serve us, is mostly because they are people who neither know us nor care about us, so if your spouse also has to pay you or manipulate you to carry out your responsibilities, or to do simple things to make his or her life easier, then it reflects a lack of care for your spouse. This could mean your love is small and needs to grow so that you can benefit your partner without struggling. Love is kind, and kindness is willingness and readiness to help, when possible. Serving your spouse willingly and cheerfully will take your marriage to a higher level, and your spouse will surely love you more. Even God loves a cheerful giver.

Chapter Nine
BE CONTENTED

~ ♥ ~

But godliness with contentment is great gain. For we brought nothing into this world, and it is certain we can carry nothing out. And having food and raiment let us be therewith content. But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition. For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.
(1 Timothy 6:6-10)

Contentment in marriage is appreciating what you have in order to work out what you want. You can enjoy your life with what you have at any point in time, if you focus on the good side of things. A person's life does not consist in the abundance of his possessions. Happiness in life does not depend on what you have but what you make out of what you have. There are some people who would be happy to possess a quarter or half of what unhappy people possess, simply because they know how to make the little they have fit into every area of their life. You should learn how to make the little you have go round and don't let worry have you. There is a saying that worry is like a rocking chair that keeps you busy, but takes you

Happiness in life does not depend on what you have but what you make out of what you have.

nowhere. You have to learn to shut your heart to every voice or situation that wants to cheat you out of the pleasure of your marriage, and learn to seize every available moment to enjoy your marriage. The truth of life is that when you are not contented with little, you will not be contented with much, because human wants are insatiable; there will always be something for you to desire or seek after in life. You need godliness with contentment in your marriage. This means working with God to grow from what you have.

Contentment does not mean stagnation or total satisfaction; it simply means appreciating what you have now, so you can use it for your growth in future, because if you don't appreciate the little you have, you cannot grow with it. Everyone has a blessing in their marriage, but until you learn to look inwards and appreciate what you have, you may not be able to find contentment and peace, which are necessary ingredients for growth and prosperity in your marriage.

MONEY

Insufficient money is one of the areas of discontentment in marriage, and some couples who have problems tend to think that when they have sufficient money they will be happy, but they fail

to realise that sufficient money can also be a problem for those who lack self-control. The word of God says the love of money is the root of all evil. To love money is to be controlled by money and make decisions based on money. This means you may not be happy with your spouse when there is no money. This can cause a crack in your relationship. The word of God says two are better than one, and I believe this applies when the two are working together for a common cause. This means that you and your spouse can work together with oneness to grow from where you are. Instead of blaming each other in frustration, both of you can discuss the situation and bring together whatever you possess to make a difference. Be it money, gifts, or talents, they can help you grow from where you are to where you want to be. Working together on any project can make things work out better than if you work alone and try to do things separately.

Discussions with one another can help both of you plan your expenses properly with what you have together, in order to cut down on things you don't really need, so you can meet your real needs.

Contentment will help you to be fully involved in each other's career or business, in order to seek more prosperity from it, because when you are contented, you have peace to appreciate

things better. Many spouses don't see much good in what their partners do, especially if it does not yield the expected result immediately. This is not wise. Your involvement in your spouse's career or business will change things for good, because two heads are better than one. The word of God says one will chase a thousand, but two will chase ten thousand. Both of you together in any issue can do far more than you can imagine. You must be contented and passionate, in order to grow and build wealth together. Two contented people in love can build wealth together from little. This is why the only way God could stop the building of the tower of Babel was to cut off their unity, making them go apart, because whatever two people shall agree on earth, is established in heaven.

Two contented people in love can build wealth together from little.

PHYSICAL APPEARANCE

Another area that bothers some couples and reduces contentment is their partner's physical looks or appearance. This is one reason some men and women give in to cheating, because they think they see a better look in another person, which they

can't find in their spouse. I believe that everyone has something they could desire to add or subtract from their bodies, if given the chance, but contentment yields peace and satisfaction. I believe a lot of things we would like to change in our spouses are not necessary, because they neither add to nor subtract from our love.

Love means that you appreciate every feature that makes up your spouse, just as they are, because they belong to the one you love. Good physical looks does not give satisfaction like good character. It can only give temporary satisfaction and it is not worth sacrificing your love for your spouse for a temporary gain. You should learn to see the good looks in your spouse. Sustainable beauty is inward, not outward. So appreciate your spouse's physical looks and be contented. The Bible says, *Let her breasts satisfy thee at all times and be constantly intoxicated in her love* (Proverbs 5;19 ISV), The word "let" is allow, which means you can allow what you have to satisfy you, or you can disallow it from satisfying you. It is better to enjoy the free body possessions of your spouse than to go for the good looks in another person that will cost you an uncertain end result. Beauty, as we know, is in the eyes of the beholder by choice. The question you should answer for yourself is this "If my spouse were the only man or woman on earth, wouldn't I be satisfied?" I think you would, so what makes

you unsatisfied with your spouse's physical looks is the lust of what you see and not a desire of what you should have. You must be free from lust of the eyes and flesh in order to be contented with your spouse's looks, and rejoice in what you have. Keep in mind that not all that glistens is gold, and the grass is not as green on the other side as you think it is.

If my spouse were the only man or woman on earth, wouldn't I be satisfied?

Chapter Ten
HAVE FUN AND ENJOY SEX

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And when he had been there for some time, Abimelech, king of the Philistines, looking through a window, saw Isaac playing with Rebekah his wife. (Genesis 26:8)

To have fun is to be playful with each other and take pleasure in sex. Be nice, playful, and romantic with each other. Always seek to do the things that will add fun to your marriage. Good jokes and playful words can help.

Everyone likes it when they can simply relax and have fun. Sometimes you may just need to shut down your work and have some fun with your spouse; life is too short to work without some fun. Fun can recreate your energy for a positive result at work. Always choose laughter together over sadness. Age does not limit playfulness, because we can still remember our childhood days and then do childish things that give us fun, if we want to. You should learn to loosen up a bit, regardless of your position at your work. You are a husband or a wife to your spouse, and that means you are also a boyfriend or a girlfriend to your spouse, so behave as

Fun can recreate your energy for a positive result at work.

such. Don't let anything cheat you from enjoying yourselves. Have fun and enjoy sex with each other as often as possible.

Don't make sex an obligation, rather let sex be a physical manifestation of your love for each other.

Don't make sex an obligation, rather let sex be a physical manifestation of your love for each other.

Couples need love with attraction to spice up and beautify their love lives. Every spouse should try to look their best for their spouse, because presentation is always a key thing to attract. You should not take your spouse for granted after marriage. Remember that when you were dating or courting, you made an effort to look your best and that was greatly appreciated. So to keep being appreciated as often as possible, you have to keep looking good. A man is easily aroused when his wife has a fresh good-looking hair style and is beautifully dressed up. Some women only dress up and make up to look good when they are going out, with or without the husband, so that she looks good to others. But it is a beautiful thing when a woman occasionally also dresses beautifully, makes up, and looks good just for her husband in the house, according to his taste. This can stir up a man's appetite to want to please his wife sexually to her satisfaction.

A husband also must be conscious of cleaning up and looking good, to be desired by his wife. I believe it is easier to overcome temptation if you can have in your home what might tempt you outside your home. You don't need another person to have a great sex life; you can create one with your spouse.

ENJOY SEX

I believe sex is one of the activities that unite couples together, to bond their relationship, because the Bible says he who has sex with a prostitute is one with the prostitute, so whomever you have sex with often, you are bound to bond with that person. This means you should have sex with your spouse as often as possible to bond with your spouse.

I have noticed that couples who don't have a sex life tend to fight a lot over little things, because they are not as bonded as they should be. You can enjoy sex anytime you engage in it, if you are able to apply your mind and your heart to giving and receiving good sex with your spouse. Endeavour to have good sex with your spouse and not just have sex as a marital duty. To enjoy sex, your mind and your heart has to be focused on the act. Stop thinking about other things when you are having sex with your spouse; it will limit your enjoyment.

The body was meant to be touched. Touch your spouse and find the pleasure spots in your spouse's body and focus on giving the pleasure wholly and satisfactorily. *Let your fountain be blessed, and rejoice in the wife of your youth, a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love.* (*Proverbs 5:18-19* ISV)

How beautiful and lovely you are, you are love with its exquisite delights. Your stature is like a palm tree, and your breasts are like clusters of fruit. I told myself, "I'll go up the palm tree, and take hold of its fruit. May your breasts be like clusters of the vine, and the smell of your breath like apples. May your mouth be like good wine. I belong to my beloved, and his desire is for me. *(Song of Solomon 7:6-10)*

From the scriptures above, you can see that a wife's breasts are like a fruit that can fill the husband with delight, and every fruit that will satisfy with delight, should not only be touched, but tasted with the mouth; so touching and sucking the wife's breasts as well as kissing her mouth like a good wine should be a good form of sexual romance with your spouse. This form of romance not only gives you pleasure, it gives her pleasure. The reason I believe some wives don't enjoy sex is that some husbands don't take time to romance them properly, so as to get them aroused,

wet, and ready to be penetrated. A wife's vagina's readiness to be penetrated by a husband's penis is very important for a married couple to enjoy sex, because if she is not wet, she can be bruised, and then neither partner will enjoy the act as they should. Another part of a wife's body that has been proven to give a great measure of pleasure is the clitoris when touched and caressed after it has been lubricated. A combination of sucking the breasts and touching the lubricated clitoris at the same time may bring a wife to orgasm. Sex can be very pleasurable when both partners put their heart and emotions into it. It is something that should be done with concentration and passion and not in absent mindedness or with distractions. The wife should also focus on kissing and touching the husband's nipples and penis to arouse him.

The husband should ensure that his wife enjoys sex as well by communicating with her to find out how she wants to be aroused. He also needs to control his ejaculation, giving time for his wife to enjoy the sex before ejaculating. One of the ways to control premature ejaculation is not to start thrusting immediately you go into your wife, but to just keep romancing her, and allow your excitement to go down before you start thrusting, so that you can have some control to prolong the sex act.

Sex can still be enjoyed by a married couple, even if one partner is not in the mood for it, and the other partner really wants it, because you can still focus on giving your partner pleasure to enjoy it as well. Someone said in one of our couples' get-together events that sex sometimes could be for the wife to enjoy more, sometimes for the husband to enjoy more and sometimes for both of them to enjoy together. But where there is love, both parties can learn to have ultimate satisfaction in their sex life. You don't have to pretend to your spouse about your sexual desires, because your spouse is the only legal option you have to enjoy your sex life on earth. Having sex often can bring you closer to your spouse and strengthen your oneness.

Dressing and making up for sex occasionally can be a good spice for sex between married couples. It can stir up the best act of sex in both partners.

SEX STYLES

Sex styles are different sex positions that can give more pleasure to each partner. Adopting some of them can add variety and spice up your sex life. The body has a lot sensual nerves that can be stirred up in different ways, so you don't have to hold back

anything that can give pleasure to your spouse, as long you are able to give it and it is healthy.

I believe that there is still more to discover about sex, so explore with your partner and discover what pleases both of you. Know the sex styles that both of you can enjoy. Give sex happily as a manifestation of your love to your partner, and ravish your partner's body until your spouse can feel your love manifesting in his or her body as orgasm.

Try new sex styles and romantic expressions that both of you are comfortable with from time to time. Things do not have to be the same way it was in the beginning, now and forever more. You must move higher in your romantic nature. Different sex styles on different days and at different places in your home can spice up your sex life.

Chapter Eleven
WATCH AND PRAY TOGETHER

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Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak. (Matthew 26:41)

To watch and pray is to be always vigilant and depend on God to help you succeed in your marriage. Pray together with your spouse and trust God to see you through all the challenges of your life, because you cannot understand how to solve every problem on your own; you need divine intervention. Marriage has an enemy, who is the devil, who cannot stand to see two people in love enjoying marriage; but with prayer and supplication with thanksgiving, you will be able to conquer every attack and device of the wicked one. The word of God commands us to watch and pray, so that we do not enter into temptation, so as you do what is right in your marriage, and pray daily for the prosperity of your spouse and your marriage, things will go well. Prayer for your marriage should be important to you, the same way you pray for your life, your business, and your family, because when your marriage is not working as it should, it can affect and destabilize other areas of your life. Pray and bless your marriage with all your heart every day. Do not wait until there is problem before you

pray, because the fervent prayer that you offer everyday with thanksgiving to God can stop some problems and situations from developing in your marriage.

Prayer with the knowledge of God's word releases authority and power to conquer every enemy of life. You have to be knowledgeable about the blessings for your life and marriage, in order to believe and declare them for your success. Prayer is a communication with God that empowers you to possess what He has given you already. You have to know what God has already allocated you for your life and marriage in order to communicate His word back to Him as His promises, and receive the empowerment to possess those promises. Be prayerful.

A family that prays together stays together, because prayer has the power to bind a couple together. You need to be constantly praying together as a couple and sharing the encouraging word of God together. This empowers your marriage and builds a wall of defence around your marriage against your enemies.

I encourage you to share with your partner any word or counsel you receive from others, which you are not sure of, before applying it. Your spouse can help you confirm what you should or should not do and will also give you counsel from a different

perspective. A single perspective will not always reveal the full picture. Two heads are better one.

A sincere prayer can even reveal to you the flaws in your marriage that you have to make right, so you can prosper. You should be constantly praying for yourself to be a better half to your partner, so you don't become a worse half. Ask God to take away everything in your life that does not please Him, or that can destroy your marriage, and ask Him to renew the right spirit for His blessings in your marriage. Also learn to listen to your spouse concerning the necessary adjustments you should make in your life for the good of the marriage. The fruitfulness and change in your marriage begins with you, because you cannot expect your partner to be something that you are not. You should strive to live by example if you want to see good quality results in your marriage; and prayer can help you achieve that.

Prayer is a communication with God that empowers you to possess what He has given you already.

Chapter Twelve
BE POSITIVE MINDED

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

To be positive minded is to focus on the good qualities and good future for your marriage, above the negativities.

Avoid negativity and wrong assumptions about each other; doing that is a cankerworm that eats up joy and peace in marriage. Don't be quick to judge your partner and draw conclusions without facts or evidences. Give the benefit of the doubt to your partner, when there are mistakes or offences. It is always good to first assume that any offence from your spouse is a mistake, because it can help you to be positive minded and give room for a change. Give room for mistakes. One mistake should not cause you to draw a negative conclusion regarding your partner. Don't stir up a fight with your partner over every issue.

To be positive minded is to focus on the good qualities and good future for your marriage, above the negativities.

Share problems, and lend a helping hand to each other all the time. Speak positive words to each other, which can encourage and strengthen your spouse to accomplish greater things.

Be patient and give time for each other to grow and adjust through moments of individual weaknesses.

Respect each other's opinion, even when it does not make sense to you at the time, because it will encourage your partner to build confidence and contribute well in future.

Don't be led by third party opinions. Your marriage is unique to you and your spouse. Make sure you are led by the word of God and by common agreement with your spouse.

Don't let anyone or anything come between you. The scripture says what God has joined together, let no man put asunder, so don't let anyone – whether it is your parents, children, friends or loved ones – put your relationship with your spouse asunder. It is important to know that the most important person in your life, apart from God is your spouse. And to value your spouse is to value yourself.

LIVE AS ONE ALWAYS AND ENJOY YOUR MARRIAGE ALL THE DAYS OF YOUR LIFE.

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