

8 Simple Ways to Strengthen Your Marriage

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1. **Commit to work continually on improving your marriage.** The strongest couples I know didn't wait until they were in trouble to make this commitment; they decided early on to prioritize marriage growth.
2. **Pray together every day.** Even if it's for only a few minutes each day, something happens when husbands and wives talk to God together. Consider praying before you leave the house to start the day.
3. **Have a genuine conversation every day.** Talk together each day, and not only about work or the kids. One couple I know got up at 6am every morning to have 30 minutes just to talk to each other every day.
4. **Know each other's love languages.** If you know your spouse loves words of affirmation, give them. If quality time matters most, give it. Love means doing what's best for the other, not for me.
5. **Plan one way each week to show your spouse how much he or she matters.** You usually don't need to think hard or spend a lot of money—just do something that says, "I'm thinking of you and love you." For example, my wife loves flowers, so I regularly make sure she has them in our house.
6. **Date regularly.** Whether it's once a month or once a week, make the time and keep it. Most of us need to calendar this plan, but that's okay. Booking a date = prioritizing it.
7. **Avoid blame.** Blame started in the Garden of Eden, and it's still happening. Some of us blame our spouse rather than take responsibility for our own wrong attitudes and actions – and that approach seldom promotes the renewal and reconciliation that most marriages need at some points.
8. **Go to a good church together.** There's nothing like sharing God's grace and love to strengthen a marriage. Going to a good church together is a move in that direction.