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3 KEYS TO IMPROVE YOUR MARRIAGE

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# HELLO THERE FRIEND —

Marriage is amazing...but to make it stay that way it takes effort from both the husband and the wife. Great marriages don't happen on accident!

If you've been hitting a few bumpy spots in your marriage, these three keys will aid in smoothing out the rough places.

We pray that as you implement these three keys you will experience intimacy in marriage like never before!

You've got this,  
The GOD TV Team



# KEY 1

## MEN, TAKE TIME TO TALK WITH YOUR WIFE

Women love to talk and listen and talk some more! Husbands, they especially like to talk to you. They want to tell you how their day was and what's going on in their heart. They also love to hear what's happening with you and hear what's going on in your heart. You might be a "man of few words", but if you will take time talk with your wife and sharing with one another it will go very, very far in your relationship. It's one of the best ways to fill up your wife's love tank!

## WHAT DOES THE WORD SAY?

Ephesians 5:25-27 - Husbands, love your wives, just as Christ loved the church and gave himself up for her 26 to make her holy, cleansing[b] her by the washing with water through the word, 27 and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.

## CHALLENGE

Men, starting this week plan to spend some quality time sharing hearts with your wife. If you need to put it on your calendar to make sure it happens - then do it! Remember, in the middle of making dinner or bathing the kids doesn't count as quality time. Start with 30 minutes, twice a week and see how your marriage begins to blossom.



# KEY 2

## WOMEN, INITIATE SEX WITH YOUR HUSBAND

Men are wired as sexual beings. Yes, sin and the ways of the world have perverted sexuality in so many ways. However, sex, had in the way God designed is a powerful weapon in the Kingdom of God. It is also one of the ways that men best connect emotionally with their wives. Physically speaking, men experience the highest levels of oxytocin (the hormone responsible for trust and bonding) when have sex. It is more than a physical act for men. It actually helps them connect to you emotionally!

## WHAT DOES THE WORD SAY?

1 Corinthian 7:2-5 - "...each man should have sexual relations with his own wife, and each woman with her own husband. 3 The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. 4 The wife does not have authority over her own body but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife. 5 Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

## CHALLENGE

Women, starting this week initiate sex with your husband at least twice. You can even pray and ask the Holy Spirit to give you ideas for how to love him sexually.



# KEY 3

## PRAY TOGETHER

Prayer is another powerful weapon in the Kingdom of God. There is also power when believers come together in agreement with one another (Matthew 18:19-20). How much more when a husband and wife come together in agreement in prayer!!! Prayer is a key for creating a deeper spiritual bond in marriage. Image what years of prayer together could do for your marriage?! It's time to stop letting business, lack of planning, and distractions get in the way of the spiritual health of your marriage. Remember, it doesn't need to be 2 hours of prayer! Small deposits in your prayer life together over time can do miracles!

## WHAT DOES THE WORD SAY?

Matthew 18:19-20 - "19 "Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by My Father in Heaven. 20 For where two or three gather in My name, there am I with them." "

## CHALLENGE

Make the powerful choice to consistently pray together as a married couple. Find a convenient time, free from distractions, to come together in prayer. It can be as simple as three times a week for 10 minutes. Start today!

# STAYING POWER

AS YOU WATCH MIKE AND SOFIA ENCOURAGE YOU IN THIS MONTH'S VIDEO, KNOW THAT WE AT GOD TV ARE PRAYING WITH YOU FOR ALL OF GOD'S GOOD PLANS TO COME TO PASS IN YOUR LIFE.



WATCH NOW