

Ten Secrets To a Happy Marriage

Craig Barnes August 13, 2019

1. **Compliment each other.** Song of Solomon 4:7
2. **Greet your spouse lovingly in the morning.** Song of Solomon 2:14, 17
3. **Reunite with a 20 second "official" hug every morning and again when reuniting after a day of being apart.** Song of Solomon 3:4
4. **Focus on the positive attributes of your spouse. Don't nag. When having a discussion, only attack the *issues*; *never* attack the person¹.** Colossians 3:19; Proverbs 27:15
5. **Save sex for marriage; and do not deprive each other after marriage. That will solidify your bond to each other.** Proverbs 5:20; 1st Corinthians 7:3-5
6. **Keep up the early attentions (like when you were courting).** Proverbs 31:28; 1st Corinthians 7:34
7. **Maintain your faith in God. Ask God to choose your spouse for you and never forget that He did just that—*especially* at times when you feel as if you have to insist to yourself, "I really *DO* love this woman (man)!"** Psalm 127:1; Philippians 4:7
8. **Practise common courtesy. Be polite!**
9. **Allow your children to suffer the *natural* and *logical* consequences of their actions. Make them clean up, and pay for, their own mess! (Within logical reason.) Spank them only for insubordination (defiance). (This will reduce general stress in your family.)**
10. **Give your children nothing for which they cry. Do not reward their tantrums. If they are rolling around on the floor in a tantrum, step over them and walk away.**

1 "You *always* do this!" is a guaranteed loser.