

WHAT 'TO DO' AFTER 'I DO'

"What Marriage Means. Why Marriage Matters"
Christopher News Notes, " 477

Married couples need to understand what it takes to make a marriage last.

COMMUNICATE: Tell each other how you feel—honestly. Never presume the other understands what has been stated.

GET AWAY FROM 'YOU' AND 'ME': Work on making 'us.' This requires balancing one's own needs and desires with those of the other person.

SAY SORRY: Deal with conflict, avoiding the things that are deadly to a marriage: criticism, contempt expressed in sarcasm and cynicism, defensiveness reflected in blaming the other person and stonewalling with the silent treatment.

TAKE A TEAM APPROACH: Seek support from each other and form a community of couples.

PAY ATTENTION TO ISSUES OF SEXUALITY: Intimacy is important to a marriage—critical, in fact. Do kind things that show you cherish your spouse.

DON'T FORGET THE 'THIRD PARTY': Recognize God's great love for you—no matter what—and mirror that concept in your marriage. Respect each other. Pray together.