



Ten Commandments
for
Happy Married Life

A presentation by
FACT
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1) Your spouse doesn't have to compete for your attention against other people. Give your spouse *priority position, priority time, priority access & priority attention*. Make your spouse feel prized, prioritized & precious.

2) To have a successful and happy marriage doesn't mean you have to have a perfect spouse or a perfect relationship. Successful and happy marriages happen when the imperfect husband and the imperfect wife choose to overlook each other's imperfections while they seek the face of their Perfect Savior.

3) The **MISSION** (God's will for your marriage) will be impossible if husbands and wives do not submit to each other, love one another, honour the other, respect each other serve and forgive each other. The Bible states that it is not only the wife who must submit to her husband; the husband also has to submit to his wife

- Eph 5:21

Submit to one another out of reverence for Christ.

4) Husbands: immerse your wife in love; shower her with compliments; cherish her, respect her & show her compassion & affection in a manner that restores her youthfulness, rejuvenates her beautifulness, unleashes her sweetness, renews her cheerfulness & affirms her unrivalled queenly position in the family. Constantly cause her to thank God for bringing her into your life.

Make her run home to the place she feels the safest, securest & most sheltered - your gentle arms. Create in your bosom the most calm & most comfortable resting place in the entire universe. Make her parents go to sleep daily with the utmost assurance that their Princess is in a better home away from home.

5) When husband & wife stop communicating, it gives the devil sufficient time & uncontested opportunity to communicate with both of them. Satan loves it when spouse don't talk. He uses that time to sow mistrust, suspicion, lies & other divisive seeds in the minds of both spouses. Don't give the Devil a foothold in your marriage; never stop communicating with your spouse regardless of how disappointed you are. It is for this reason that the Bible warns "Do not let the sun go down while you are still angry." Ephesians 4:26. The silent treatment is the loudest invitation for the Devil's interference in your marriage. If you can't agree on something, agree to disagree, change the subject & keep on talking.

6) Make time to be alone with your spouse regularly. Let the time be special, quality & uninterrupted. Shut the phone, switch off the TV, turn off the computer, find a baby sitter or make arrangements with another couple & enjoy life together with your spouse. Life is passing by & you're not getting any younger. Today is the youngest you will ever be & the oldest you have ever been. Never miss the opportunity to celebrate your birthdays, anniversaries & achievements together. Life is happening right now. Don't postpone your marital happiness to some hopeful blissful future. Every day with your spouse is a gift from God; celebrate it. Regardless of what is happening in your marriage, find a reason to celebrate together & "be happy with the wife/husband of your youth." Proverbs 5:18.

7) Don't cause your spouse to be a detective or secret agent. Let your life be an open book to your spouse. There is no business your spouse shouldn't know about. There is no deal too secret for your darling. Keep no secret. Hide nothing. Be open, be accessible and be honest. Be where you said you would be. If the unexpected happen as they sometimes do, call your spouse and keep him/her in the know. If you are doing anything that you don't want your spouse to find out then you shouldn't be doing it. If you have anything on your phone or computer that you don't want your spouse to know about then you shouldn't have it. If you receive calls or text messages that you don't want your spouse to hear or read then you shouldn't receive them. There is no room for singleness in marriage. Give your spouse open access to your entire life

8) Adulterous Affairs Don't Begin with Sleeping Together; they begin with inappropriate friendships. Friendship and emotional attachments with people of the opposite sex can spell danger for your marriage. Protect your marriage by avoiding private communications and intimate conversations with people of the opposite sex. Beware of workmates who seem too concerned with your personal private life; those that tell you "let me know if you need anything." Beware of those that give you exaggerated and suggestive compliments about the way you look. Regardless of what is happening in your marriage don't give the Devil a foothold in your marriage by falling victim to this trap. Let your workmates know there are things you won't tolerate. Keep a healthy physical, social and emotional distance between you and people of the opposite sex.

9) Every marriage has its ups & downs: Sometimes we're high on the mountain & everything is working right for us. Sometimes our marriages are down in the valley facing trials, hardships & challenges. Sometimes we're in the plains where everything seems stagnant & motionless. We can't fast-forward, rewind, or skip reasons. No season is for no reason. God brings us through every season for divine reason. The beauty of marriage is in facing the changes together as a team. Cheer up; no season is for a lifetime. Start now to prepare for the next season. "Weeping may last for a night but joy comes in the morning." Psalm 30:5.

10) Don't Yell at Your Spouse: There is never a justifiable reason to yell at your spouse, whether privately or publicly? Yelling is a very immature, ineffective & manipulative way to bring your message across. It always produces undesirable results & unintended hurts. Yelling shuts down communication between spouses. Yelling indicates the end of logical thought. Keep your emotions in check; don't be controlled by them. When angry, zip your lips & keep a lid over your mouth until emotions give way to reason. Loud words spoken in anger negatively affect your spouse & your marriage but gentle words speak volumes. Make it a rule in your marriage that unless there is a fire or a life-threatening emergency, you will not yell at each other. "A gentle answer turns away wrath, but a harsh word stirs up anger." Proverbs 15:1.

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