



# 8 Ways To Save Your Marriage



Seventh-day  
Adventist Church™

*Trans Pacific*



# WANTING A LASTING MARRIAGE?

*A Marriage between a man and a woman just does not happen overnight, nor does a good relationship built overnight. Marriage is God ordained for a man and woman to enjoy.*

*Time and commitment is essential for a successful relationship to start, but most importantly to grow in to maturity in Christ. No relationship can survive when only one partner is committed to it. It takes "two" to become "one."*

**Find yourself in this  
simple checklist  
concerning your  
relationship.**



## 8 WAYS TO SAVE YOUR MARRIAGE

### 1. CONNECTION

#### ONLY A TEXT MESSAGE AWAY

Staying in touch with your husband or wife is important for your marriage and that means at all times. The busyness and stress of work may add a lot of pressure on the necessary connections that hold the relationship together. Couples need to intentionally make time for each other at all costs.

#### 3 WAYS TO STAY CONNECTED

1. Send a text to say hi during the day.
2. Call on Messenger app and connect that way.
3. Do things together, gardening, exercising or just have a talk about the day together.



**“Although trials may will arise in married life,  
husband and wife keep you soul in the Love of God.”**

*AH 178 - EGW*

## 2. COMMUNICATION

### “I LOVE U”

Saying I love you in some of our Melanesian culture is almost like a taboo. It is not something openly spoken between husbands and wife. Many times couples assume they love each other because they are already married but never check. It is lack of communication that leads to loneliness, separation and a root cause of broken marriages.



### 3 WAYS TO COMMUNICATE

1. Be creative how to say “ I Love You”  
- send a message on FB, call and say, I love you.
2. Listening for those unspoken words is important in communicating.
3. Tell you spouse what you love about their personality and character.

**“ ASSUMPTION AND LACK OF COMMUNICATION ARE NUMBER ONE RELATIONSHIP KILLERS”**

## 3. TOGETHER TIME

Time in a marriage sometimes swiftly fly's and we do not know where it has gone and what it has taken with it, in a marriage. Making time for your spouse is the best way to show them you love them. Time is a language only known to the heart, when it is given to someone you love.

### 3 WAYS TO PRIORITIZE TIME

1. Never be too busy for your spouse, in your daily plans prioritize time for you spouse.
2. Helping your spouse with house hold duties, cooking, cleaning and communicating.
3. Make your spouse birthdays and anniversaries special.



**“If your husband or wife is important to you, you will always find time for them.”**

## 4. ROMANCE

Keeping the 'fire alive' is very crucial in a marriage relationship. Sometimes, it is not the expensive things that you give your spouse that matters the most. It is letting them know that they still are the King or Queen of your heart for life, that matters most.

### 3 WAYS TO KEEP THE FLAMES ALIVE

1. Let people see you together in public.
2. Buy an inexpensive favourite gift you know your spouse loves
3. Prepare a favourite meal for your spouse occasionally.



**“Hearts that are filled with the LOVE of CHRIST can never get very far apart”**

## 5. RESPECT

Respect is showing your spouse that you love them and that they are the most valuable possession you have. Showing respect is necessary for both partners and it goes both ways and respect is the best way expressing love for one another.



### 3 WAYS TO RESPECT YOUR PARTNER

1. Appreciate your spouse. Laugh with them, cry with them and let them know that you love them.
2. Never put your spouse down in front of your friends and family and talk behind their backs.
3. Check the tone of your voice, if it is not how you talk to your friends, it is the wrong tone.

**“Mutual Kindness and Patience will make a home a Paradise and attract holy angels into the family circle.”**

AH 422 - EGW

## 6. FIGHT FAIRLY

### “Fight for you Marriage”

Arguments is normal in any relationships. However, how to deal with these arguments is the most important thing. Some may tend to run away from a relationship at the first sign. Others may end a relationship rather than seeing it as an opportunity to grow in their relationship. It is important the couples see arguments or conflicts as healthy stepping-stones to grow in their relationship.



### 3 WAYS TO FIGHT FAIRLY

1. Use listening and reflecting skills to try to understand your spouse's views.
2. Learn the art to argue without raising your voice or getting personal.
3. Don't let the sun go down on an argument if you can help it. Be the first to say "I am sorry"

**“Whatsoever is done out of pure love, be it every so little or contemptible in the sight of men, is wholly fruitful: for God measures more with how much love one worketh, than the amount done.”**

**~EGW~**





## 7. BE THE "A" TEAM

### Together we are Invincible

A sense of togetherness is an important part of any relationship. Being a team brings wealth in the health of the relationship. Togetherness brings reassurance and security to your relationship and tells your spouse, they are valuable.

#### 3 WAYS TO SHOW YOU ARE A TEAM

1. Find ways to let your partner know they are number one in their life.
2. Use "we" statements in front of friends and family to show that you are a team.
3. Never let another family member or friend come between you and your spouse.



**True love is high and holy principle, altogether different in character from that love which is awakened by impulse and which is suddenly dies when severely tested.**

~EGW~

## 8. ACCEPT FLAWS

### “No one is Perfect”

Sometimes a spouse enters the relationship believing their spouse will change. While this might be true to some extent, it is also a case of ‘what you see is what you get.’ Some flaws will annoy you, like not eating and leaving the plate on the table without washing them or your clothes not ironed and ready for work.



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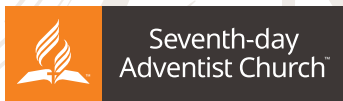
**“True love is not a strong, fiery, impetuous passion. It is, on the contrary, an element calm and deep. It looks beyond mere externals, and is attracted by qualities alone. It is wise and discriminating and its devotion is real and abiding.”**

~EGW~

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1. CONNECTION
2. COMMUNICATION
3. TOGETHER TIME
4. ROMANCE
5. RESPECT
6. FIGHT FAIRLY
7. BE THE “A” TEAM
8. ACCEPT FLAWS





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