

Saving Your Marriage Tool Kit For Christian Men

3 Things You Can Do Today To Start Saving Your Marriage



VictoryMinded.Com

Choose Wisely

There are 2 choices that need to be made concerning thoughts and “feelings”

Calm and Love

Anger is a choice – choose calm. When angry, get rid of it. The mind cannot be calm and angry at the same time. If you have to withdraw until the calm comes - do it. Get Calm! Choose Love!

Love is not a feeling it is a choice. It is a person—God is love. Paul says in 1 Corinthians 13 4:7 Love is patient and kind; love does not envy or boast; it is not arrogant⁵ or rude. It does not insist on its own way; it is not irritable or resentful; ⁶ it does not rejoice at wrongdoing, but rejoices with the truth. ⁷ Love bears all things, believes all things, hopes all things, endures all things.

Connect (Physically, Emotionally, Spiritually)

Contact—Yes touch is awesome. Rub her shoulder as you walk by her. Non sexual kissing – kiss as you leave for work. Mark 1:41 Moved with compassion, Jesus stretched out His hand and touched him, and said to him, "I am willing; be cleansed."

Compliment her. Thanks for the wonderful dinner. That was nice that you gave that to her. Proverbs 12:25 Anxiety in a man's heart weighs it down, But a good word makes it glad.

Spiritually pray for her and you. Not one of those “God make her want to have more sex” but “God show me ways I can help her and give her security”. “God give me knowledge, strength and courage to be a better husband.”

Confront or Not

There is a Principle of First Response. A fight can't happen if there are not two people willing to fight. So the Principle of First response says “You were smacked down verbally that does not give you the right to smack back.”

Proverbs 15: 1 A gentle answer turns away wrath, but a harsh word stirs up anger.

Principle of First Response was practiced by Jesus when they asked Him about healing on the Sabbath.