

Rescue My Marriage Today

Quick Tips

Week 5 - Faith & Marriage

1. Think about your faith journey. Have a conversation on how this has impacted you and your marriage.

 Husband Wife

2. Bring the power of prayer into your marriage. This week choose to pray over your marriage and/or your spouse on a daily basis. Instead of praying for them to change, pray for change in you to be the best spouse that you can be.

 Husband Wife

3. Forgiveness is an area that almost everyone struggles with. It can seem easier to hold onto the bitterness and anger than to let it go. Yet that bitterness does nothing but eat away at you and at the fabric of your marriage. Spend some time in reflection this week on what you need to forgive.

 Husband Wife

4. If the two of you come from different faith backgrounds or if you simply practice your same faith differently this is the week to look at how that has been impacting your marriage and to start the conversations on what the two of you can agree on and what differences you will choose to honor in your spouse.

 Husband Wife

5. Faith impacts mindset as does the words that you choose to speak over yourself and your marriage. This week reflect on your mindset and the affirmations that you are using (both the positive and the negative). Every word spoken over you and by you matters. It's time to change the mindset that you have in your marriage to be positive and actionable.

 Husband Wife

Thoughts for the week:

Mistakes are always forgivable, if one has the courage to admit them.

~Bruce Lee

It's one of the greatest gifts you can give yourself, to forgive.

Forgive everybody.

~Maya Angelou

Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

~Ecclesiastes 4:12

We can be tired, weary and emotionally distraught, but after spending time alone with God, we find that He injects into our bodies energy, power and strength.

~Charles Stanley

I think anything is possible if you have the mindset and the will and desire to do it and put the time in.

~Roger Clemens

But the key to our marriage is the capacity to give each other a break. And to realize that it's not how our similarities work together; it's how our differences work together.

~Michael J. Fox