

Top 10 Steps for Maintaining your Marriage

- #1 Make a commitment to/Develop a plan for your own personal growth and development—spiritual, emotional, relational.
- #2 Develop disciplines and habits for sharing a spiritual life together with your spouse—prayer, Bible study/reading, church.
- #3 Read about good marriage, healthy marriage skills, becoming the spouse you want to be.
- #4 Build a “feedback loop” into every aspect of your marital relationship—to evaluate and grow.
- #5 Join a support group (life group, young marrieds’ class, etc.)
- #6 Build “accountability relationships”—other people who are in your life stage with whom you can be honest and confessional.
- #7 Invite someone whom you admire to be a mentor—to you individually or to your marriage.
- #8 Attend a marriage enrichment seminar.
- #9 Work with a counselor to address problem area or develop skills.
- #10 Develop a “Maintenance Schedule” for your marriage.