

MARRIAGE MASTERY: STRATEGIES FOR A LIFETIME OF LOVE



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ISBN- 978-2810-62-2

Printed & Published by KAPPCO Nig. Limited
Tel: 08039308319

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FOREWORD

Although it appears to be a simple job to perform, it sometimes, poses a challenge to merely verbally converse with each other within the marital perimeter. However, most people discover that instead of effective communication, they tend to quarrel, which is neither a healthy communication exercise nor is it good for the marriage.

This book is a great guide in this aspect. Marriage is the most delicate and in most cases the most important relationship known in this world. Our life has become very rigid and busy and this rigid life has made lots of things go wrong and one of the very important areas is marriage which gets affected due to our unhealthy, unsocial and sometimes senseless living style.

Keywords

- * **Communication:** Effective communication is vital for understanding each other's needs, feelings, and resolving conflicts in a healthy way.
- * **Emotional Intimacy:** Building emotional closeness and connection with your partner fosters a strong bond in marriage.
- * **Trust:** Establishing and maintaining trust is fundamental for a successful and lasting marriage.
- * **Empathy:** Showing empathy and understanding towards your partner's perspective fosters a supportive and caring relationship.
- * **Quality Time:** Spending meaningful time together helps nurture the emotional connection and strengthens the marital bond.
- * **Conflict Resolution:** Learning to resolve conflicts constructively without harming the relationship is essential.
- * **Appreciation:** Expressing gratitude and appreciation for each other helps create a positive and loving atmosphere.
- * **Intimacy:** Physical intimacy is an important aspect of marriage that contributes to the emotional connection.
- * **Support:** Being supportive of each other's goals, dreams, and challenges helps build a strong partnership.
- * **Commitment:** A deep commitment to the marriage and each other's well-being is the foundation of a successful relationship.
- * **Shared Values:** Having shared values and goals strengthens the sense of unity in a marriage.

- * **Emotional Safety:** Feeling emotionally safe and secure with each other promotes open communication and vulnerability.
- * **Friendship:** Cultivating a strong friendship within the marriage enhances overall satisfaction and happiness.
- * **Problem-Solving Skills:** Developing effective problem-solving skills helps navigate challenges and obstacles together.
- * **Resilience:** Building resilience as a couple allows you to bounce back from difficult times and grow stronger together.
- * **Balance:** Striving for a healthy balance between individual needs and the needs of the marriage promotes harmony.
- * **Intentional Effort:** Being proactive and intentional in working on the marriage is essential for its growth and longevity.
- * **Humor:** Sharing laughter and enjoying moments of humor together can foster closeness and reduce stress.
- * **Forgiveness:** Practicing forgiveness and letting go of past hurts is crucial for moving forward in the relationship.
- * **Continuous Growth:** Embracing personal growth and development as individuals and as a couple leads to a fulfilling marriage.

These keywords encompass various aspects that contribute to the strength and well-being of a marriage. By focusing on these areas and making intentional efforts, couples can enhance their relationship and create a lasting and loving partnership.

Introduction

People learn more about each other as they progress from being friends to lovers.

They become closer, and if they discover that they are very compatible, they may decide to make each other their soul mate for life.

They are formally husband and wife the moment the bride goes down the aisle and the couple puts on matching rings. While that may appear to be a stressful affair, as couples sweat over wedding arrangements to make it as perfect as possible, life after wedding may be much more difficult for some people. This is because when you are freshly married, you may have a difficult time adjusting to life with someone you are not used to having in your home.

Even if you live with your family, there will be disagreements about minor issues, even if you love them. Similarly, marital life can be plagued with minor squabbles over small matters.

This is true not only for newlyweds, but also for couples who have been married for a long time. It is critical to handle such situations carefully, because little difficulties can quickly escalate.

Essential tips for strengthening your marriage

Strengthening a marriage requires effort and commitment from both partners. Here are seven essential tips to help you strengthen your marriage:

- **Communication is key:** Effective communication is the foundation of a strong marriage. Be open and honest with each other, actively listen to your partner, and express your feelings and needs respectfully.
Address any concerns or conflicts promptly and work together to find solutions.
- **Show appreciation and affection:** Regularly express your love and appreciation for your spouse. Simple gestures like saying "I love you," giving compliments, and showing physical affection can go a long way in making your partner feel valued and cherished.
- **Spend quality time together:** Make time for each other, free from distractions, and engage in activities that you both enjoy. This could be date nights, weekend getaways, or even just quiet moments together at home. Quality time strengthens emotional bonds and creates lasting memories.

- **Practice empathy and understanding:** Put yourself in your partner's shoes and try to understand their perspective and feelings. Empathizing with each other helps build trust and fosters a deeper emotional connection.
- **Respect each other's individuality:** While marriage involves sharing your lives, it's crucial to recognize and respect each other's individuality and personal boundaries. Encourage each other's hobbies, interests, and personal growth.
- **Manage conflicts constructively:** Disagreements are a natural part of any relationship. When conflicts arise, focus on finding solutions rather than engaging in blame or criticism. Avoid personal attacks and instead, discuss the issues calmly and with respect.
- **Support each other's goals and dreams:** Encourage your partner's aspirations and be their biggest cheerleader. Support each other's personal and professional growth, and work together as a team to achieve common goals.

Remember that marriage requires ongoing effort, and both partners need to be committed to nurturing the relationship. By practicing these tips, you can strengthen your bond and create a loving and fulfilling partnership.

Strategies for a vibrant fulfilling marriage

A vibrant and fulfilling marriage requires ongoing effort, communication, and a shared commitment to growth and happiness. Here are seven strategies to help you create a thriving partnership:

- **Cultivate emotional intimacy:** Emotional intimacy is the foundation of a strong marriage. Share your thoughts, feelings, and vulnerabilities with each other. Create a safe and supportive space where both partners can express themselves honestly and without judgment.
- **Keep the romance alive:** Maintain the romantic aspects of your relationship, even after years of being together. Surprise each other with thoughtful gestures, plan date nights, and find ways to keep the spark alive in your daily interactions.
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- **Prioritize quality time together:** Make time for each other regularly and be fully present during these moments. Put away distractions like phones and devices to focus on connecting and enjoying each other's company.
- **Practice forgiveness and let go of grudges:** No relationship is perfect, and conflicts will arise. Learn to forgive each other and let go of past resentments. Holding onto grudges can create distance and hinder the growth of your marriage.
- **Work as a team:** Approach challenges and responsibilities as a team, supporting each other through thick and thin. Make joint decisions and find compromises that benefit both partners.
- **Continuously learn and grow together:** Encourage each other's personal growth and take an interest in each other's hobbies and passions. Explore new activities together and be open to learning from one another.
- **Maintain a positive outlook:** Focus on the positive aspects of your relationship and express gratitude for each other. A positive attitude can help overcome challenges and

strengthen your emotional bond.

Remember, a vibrant and fulfilling marriage is an ongoing journey, and it's essential to adapt these strategies to suit your unique relationship.

Communication, empathy, and a willingness to work together are fundamental to creating a strong and loving partnership.

BULLET POINTS

Effective Communication:

Open and honest dialogue

Active listening

Respectful expression of feelings and needs

Show Appreciation and Affection:

Regular expressions of love and gratitude

Compliments and physical affection

Quality Time Together:

Dedicated, distraction-free moments

Engaging in enjoyable activities together

Practice Empathy and Understanding:

Putting yourself in your partner's shoes
Recognizing and validating their feelings

Respect Individuality:

Acknowledge and respect personal boundaries
Encourage each other's interests and growth

Constructive Conflict Resolution:

Addressing conflicts calmly and respectfully
Seeking solutions instead of blame

Support Each Other's Goals:

Encouraging personal and professional aspirations
Working together as a team to achieve common objectives
Remember, these tips require consistent effort from both partners to create a strong and fulfilling marriage.

CHAPTER ONE

THE SECRETS TO LIVING A HAPPY MARRIAGE LIFE

And now abideth faith, hope, charity, these three; but the greatest of these is charity. 1 Corinthians 13:13

I pray that the lord, will help you to cultivate love, faith, and hope in your marriage, and may love be the foundation of your relationship.

To sustain a marriage and build a lasting, fulfilling relationship, the following advice can be considered:

- **Communication is Key:** Maintain an open, honest, and respectful communication with your partner. Discuss your feelings, needs, concerns, and actively listen to what your spouse has to say.
- **Prioritize Quality Time:** Make time for each other regularly, free from distractions. Engage in activities you both enjoy and create meaningful memories together.
- **Show Love and Appreciation:** Express your love and gratitude frequently. Small gestures and acts of kindness can go a long way in strengthening your emotional bond.

Embrace Emotional Intimacy: Share your thoughts, vulnerabilities, and dreams with your partner. Create a safe space for each other to be open and supportive.

- **Respect Each Other's Individuality:** Celebrate and support each other's differences and personal growth. Allow space for individual interests and hobbies.
- **Manage Conflict Positively:** Conflicts are normal, but it's essential to handle them constructively. Avoid blame games, criticism, and work together to find resolutions.
- **Continuously learn and grow Together:** Stay curious about your partner's evolving needs and interests. Encourage personal development and learn from each other.
- **Celebrate Milestones and Achievements:** Acknowledge and celebrate each other's successes, both big and small. This reinforces a sense of partnership and support.
- **Practice Forgiveness:** Learn to forgive and let go of past grievances. Holding onto grudges can hinder the growth of your relationship.

Maintain Physical Intimacy: Cultivate and nurture your physical connection. Intimacy can help strengthen emotional closeness.

- **Support Each Other's Dreams:** Encourage and be each other's biggest cheerleaders. Help each other achieve personal and shared goals.
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- **Keep the Romance Alive:** Surprise each other with thoughtful gestures, date nights, and romantic gestures to keep the spark alive.
- **Express Gratitude:** Show appreciation for the little things your partner does. Gratitude fosters a positive atmosphere in the relationship.
- **Be Patient and Understanding:** Understand that no one is perfect, and it's normal to face challenges. Practice patience and empathy when dealing with difficult times.
- **Maintain Trust:** Trust is the foundation of a strong marriage. Be honest, reliable, and trustworthy to foster a deep sense of security.
- **Celebrate Your Relationship:** Reflect on the journey you've taken together and celebrate your love for each other.

Remember, sustaining a marriage requires effort and commitment from both partners. By prioritizing your relationship, communicating openly, and supporting each other's growth, you can build a strong and enduring connection.



CHAPTER TWO

THE IMPORTANCE OF MARRIAGE PRESERVATION

What therefore God hath joined together, let not man put asunder. Mark 10:9

I pray for unity and strength in your marriage, and may you always remember that your bond is sacred.

Marriage should not be taken lightly, especially when there are signals inside the partnership that indicate some kind of instability is building.

Most people try to rescue their marriages by taking the required steps before throwing in the towel or raising the white flag in defeat.

Never give up!

Every marriage is worth salvaging, and it is surely worthwhile to make the effort to save what was once something lovely and amazing. This is an especially crucial practice if children are involved. If both partners are serious about attempting to salvage their marriage, consider the following options:

Make time to discuss the issues that have led the marriage to lose its shine.

This may be difficult to do without the assistance of a support group or counseling sessions. Attempting to do so without instruction may lead to an argument or, worse, a fighting battle in which baseless allegations may exacerbate the situation.

Another option to consider in the search to save the marriage is sincerely seeking another chance to make the marriage work.

Sometimes simply asking for another opportunity and then taking all required steps to ensure genuine effort is done can help both sides see the marriage in a new perspective. Active engagement in the eventual objective of saving the marriage will necessitate dedication and perseverance.

Some persons may opt to make actual life-changing changes in order to demonstrate their commitment to saving the marriage. These may include changing employment, relocating to a quieter neighborhood to improve one's quality of life, or participating in new activities.

There is no use in giving up on a marriage after many years and considerable work. There is still hope for things to be fixed as long as there is love in the picture. However, it is critical to recognize when a relationship

should be terminated, such as in toxic or abusive situations. If there is still a spark, you should surely try some of the above marriage repair methods; after all, some individuals believe you only get one chance at true love.



CHAPTER THREE

BEFORE YOU SPEAK, CHANGE YOUR MINDSET

A soft answer turneth away wrath: but grievous words stir up anger.

Proverb 15:1

I pray that the Lord grant thee the grace to speak kindly and thoughtfully to one another, and may your words bring life and encouragement to your partner.

Saying the wrong thing at the wrong time may devastate any relationship.

To prevent hurting your partner's feelings, think things through before opening your lips and blurting things out. There are certain pointers to bear in mind if you want to adopt this mindset.

Select your words carefully

Even the simplest words have the power to inspire devotion, boost hearts, and change people's lives.

They can bring dead objects back to life, as well as mutilate what were once complete hearts.

Words can also assassinate a character, alienate a soul, and display excessive tenderness and cruelty.

Because words have such incredible and often destructive power, it is essential to think before you speak in every relationship. Every relationship has its own share of emotional garbage and unresolved issues that might have a detrimental impact. Thinking about what you will say is vital for the preservation and growth of a relationship, as is evaluating whether the words you will utter are coming from a loving and kind heart or a heart filled with bitterness, fury, anger, and other unproductive feelings.

You can never take back nasty comments and words that have already left your mouth.

Even if you try really hard to say something different or better, or to repair the damage caused by the words you said in the heat of an argument, there is no way to withdraw them.

The damage has been done. However, there is still hope, and that is to think before speaking.

One key thing to remember is to think about the impact your words will have on the other person first.

Considered in order to avoid hurting people's sentiments

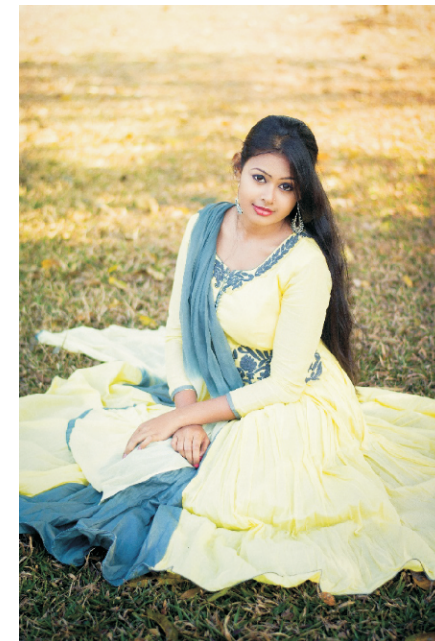
Saying things requires timing, and remember that timing is essential.

Avoid uttering anything bad at stressful or emotional periods.

Never start a highly emotional conversation if there isn't enough time to talk it out.

Think about why you're speaking. If you merely want to say something for the sake of saying it, reconsider. Will the words be harsh? Should you just leave things unspoken in order to avoid any bad emotions? It is critical to talk with genuine and decent intentions.

Thinking before you speak is essential in any relationship since you cannot take your words back. No matter how hard you try to put the pieces back together, a broken heart will remain broken.



CHAPTER FOUR

MAKE YOUR MARRIAGE LAST A LIFETIME!

Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up
1Corinthians 13:4.

I pray that may your love for each other be patient, kind, and selfless, and may you strives to build a lifelong bond.

Many people chooses to marry, but not all of them are able to remain together as a pair for decades. While some couples can remain together for the rest of their lives, many of them end up losing each other and being divorced.

One of the reasons couples divorce is that, they are no longer contended with their marriage.

The reality is that there are many times when there are ways to live a happy married life, and all they need to do is discover these secrets in order to live peacefully with one another. Here are some pointers to help couples enjoy their lives after marriage.

First and foremost, communication is essential for a happy marriage. This is crucial in every relationship, whether you're just dating or starting to get more serious in your relationship. Communication encompasses both the ability to convey one's thoughts and feelings and the ability to listen to what one's partner is attempting to say. Misunderstandings and conflicts can be quickly resolved if you can communicate well, making your marriage life a lot more easier.

You should also remember your dating days, when you could still taste the richness of new love. While such sensations may only be felt during the courting era of many relationships, remembering these times will undoubtedly motivate you to work more to sustain your current relationship.

You may keep your relationship alive during your marriage by surprising each other and making modest loving acts that allows the two of you to fall in love over and over again.

This would undoubtedly assist you in leading a happier marriage life in which both of you are content with each other.

Another crucial tip to a happy marriage life is to make time for yourself.

Even if you have children, you should go on dates just to enjoy one other's company. Spending quality time together will keep your relationship from being dominated by the various things in your life.

Sometimes sacrifices must be made in order to maintain a relationship.

Some things should be surrendered once you get married, such as spending too much time with friends. To keep the relationship together, you and your spouse need both sacrifice equally.

The final guideline for maintaining a great marriage life is to devote to your marriage. It will be well worth your time and effort to live a happy life with your lifetime companion.

To summarize, maintaining a happy marriage at all times is not tough as long as you know these secrets and begin working on them properly to allow you to have the happy marriage that you've committed to.

Put your spouse at the top of the priority list.

Making a spouse feel significant and cherished in a relationship will benefit both sides because the effort will not go unnoticed for long. Making someone feel important is not only a pleasant approach to convey love and respect for the individual, but it is also another way to adore the loved one.

Happily married couples almost universally agree that treating each other with respect and affection goes a long way toward maintaining the relationship robust and capable of withstanding the test of time.

Aside from the obvious reasons such as love and respect for the spouse, this treatment will also demonstrate the level of importance the individual places on the spouse's presence within the context of the partnership. It will also be a very natural equivalent action to return from the receiving person, strengthening and extending the bond.

The more popular means of extending the attitude of putting the spouse first in thought and deed is to always consult the spouse when critical decisions that impact each other are to be made.

Others may include finding ways to keep the spouse happy and pleased inside the relationship, such as making a conscious effort to engage in or organize for activities that will make the spouse feel unique and cherished, and even purchasing tiny gifts for no reason other than to communicate love. Simple acts, such as opening a door or pulling out a chair for the spouse, will go a long way toward making the spouse feel unique and cherished. Always choose to spend money on quality.

Touching While Speaking

Most people require contact, especially within the confines of a good and joyful relationship. Without the vital touching aspect being regularly exercised, both parties will soon feel the missing ingredient, which could have negative consequences.

Touch

Touching and being touched is something that every good relationship should do on a daily and frequent basis. The craving for contact is primitive and basic, and satisfying it will leave both parties feeling appreciated and fulfilled.

It should be acknowledged that not all contact should ideally result in some type of sexual activity, as this is not only stressful but also unneeded.

The act of touching should be used primarily to convey love, intimacy, comfort, happiness, and any other pleasant meanings that are beneficial to relationships.

A loving physical gesture can go a long way, some say even further than words. Many individuals respond positively to physical touch as long as there is no sexual connotation to it, unless the touch was deliberately intended to be sexual.

Most individuals are just unaware of the enormous consequences that a single touch may convey, and as a result, they frequently make the significant mistake of not adding the touch action into their daily lives inside a relationship.

Most couples on the edge of dissolution will agree that there was almost no touching within the partnership, unless sex was the objective.

This is a horrible circumstance to live with, because touching reveals a lot about the couple's feelings of love and closeness inside the relationship.

There are certain things you must know and implement in your life, and without these things, you will be deprived of all of your pleasant moments.

According to a study, the divorce and separation ratio has risen over time, and there are numerous explanations for this rise.

When your marriage is going well, you feel very comfortable and have almost no stress in your life. This reduced stress boosts your productivity and allows you to focus more on your work rather than constantly thinking about your relationship.

Improving Your Marriage

In this chapter, I will discuss some critical issues that can help your marriage become stronger and healthier.

Mutual responsibility including care in your marriage eliminating communication gaps appropriate time for your marriage trust.

Accountability is essential in a husband-wife relationship, however some individuals misinterpret this accountability clause and believe that the husband is solely accountable for everything in this partnership. This is not the case because both spouses share equal responsibility for the relationship's success. Things will deteriorate if any of them believes he or she is not responsible. Both couples have distinct types of obligations. The wife's role is more supporting, whereas the husband must handle everything with caution. Small misunderstandings will always occur, but if you are responsible enough to handle them.

Care

It is human nature to want to be cared for.

This is true in a husband-wife relationship since the more you care for each other, the better your relationship will develop.

Care is also a shared action since if you do not care for your spouse, he or she will not bother to care for you.

Care is not something difficult or precise that you cannot perform; rather, it includes some very minor details. For example, if you can just make an extra phone call to your wife and ask her how she is feeling and tell her that you always remember her, it will be a tremendous gesture for her.

Similarly, if you are a wife, a calming smile to your husband when he returns home from a long day at work is enough to make him believe that you always care for him. You might think of it as an emotional bank account into which you must deposit all positive feelings, better gestures, and kind words. You can't expect anything in return if you don't put enough of this stuff in that emotional bank account.

Another very crucial factor is trust, which is one of the mutual feelings that you must cultivate in your interactions. You cannot expect your partner to trust you if you do not trust him or her. Trust entails not just believing that your spouse would not take advantage of you, but also knowing that your partner will never violate his or her responsibilities in the relationship.

All of the things described above are quite simple to incorporate in your daily life and do not need much effort. If you put in a little more effort, these things may

make your relationships incredibly strong and healthy. Marriage is more than just a means of survival. It is more profound than that.

Making sacrifices for the one you genuinely love is what marriage is all about.

When they are ill, you take time off from work to care for them.

If your lover is dissatisfied because you are constantly going out and not paying attention to them, you should devote more time to them.

Small things can make a significant difference and make the relationship less dramatic in terms of conflicts.

Marriage and Survival

To sustain a marriage, you must first choose your priorities.

Work should never be your top priority, despite what your parents may tell you.

Always prioritize your marriage.

After all, they are the one that shares your house, cooks meals, earns additional money for you both, looks after the kids, and allows you to be intimate on occasion.

Surviving

There are so many activities to undertake in a marriage, and in this day and age, both spouses are usually working. This is what makes marriage so tough since males are not accustomed to performing things that women do. Most males, for example, refuse to iron their clothes or clean their bathrooms.

They would never do something like that.

Forget about putting flowers in the backyard. They won't even approach the flowers.

Men are taught by their dads to work hard and earn a decent education in order to provide for their families. They aren't the ones who can get pregnant and bond with their child. Typically, the mother becomes emotional after giving birth.

A father must see their child in order to accept the truth of the situation.

They don't comprehend what pregnant women go through and expect us to handle everything around the house. Women are often more emotional and appear to spend more time talking than performing housework. Guess who they contact if the toilet leaks or the sink breaks? In a panic, they dial their husband's number. The women are good at duties like folding clothes, cooking a great supper, and getting

ready for the dance that their spouse is taking them to after work.

It can be difficult to divide daily tasks and spend time together on an emotional or physical level. This is why so many couples are divorcing at the moment. It's because they don't know how to interact with and treat their partner fairly.

When it comes to the other person, all it takes is cooperation, listening, and a little empathy.



CHAPTER FIVE

MAKE TIME FOR EACH OTHER

Two are better than one; because they have a good reward for their labor.

For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up (Ecclesiastes 4:9-10).

The grace to prioritize your relationship and make time for each other, that you may support and uplift one another is bestow unto thee.

To make a marriage work, both sides must be equally devoted to making the marriage work as well as possible. This includes looking for new methods to spend time with each other.

Enjoy each other company: Making an effort to spend time together is critical if the couple wants to improve their relationship and maintain it pleasant and healthy for the long term. Without making an attempt to spend quality time together, the couple may find themselves drifting apart, which may eventually lead to divorce. Making time for each other is especially vital if both parties have very active and hectic professional lives.

When this happens, it's all too simple to blame work and other distractions for not making time for each other. This is, of course, a very dangerous habit to have during a relationship.

The following are some suggestions for creating the optimal environment for spending quality time together in order to keep the relationship current and strong.

Before the connection reaches this point, both parties will have done things together that they found enjoyable enough to consider taking the next step in creating a relationship.

As a result, making an effort to continue engaging in these similar activities will be helpful to the relationship.

Finding new things to do together that both parties will enjoy is another great strategy to make time to spend together as a pair. These new activities should preferably be ones that both parties enjoy, but it may be necessary to partake in something that just one of the partners enjoys.

CHAPTER SIX

THINGS TO AVOID DURING YOUR MARRIAGE

Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers (Ephesians 4:29).

The Lord shall protect your marriage from harmful words and actions, and may you strives to build each other up.

Getting married is a significant event in a person's life since it represents the decision to commit yourself to someone you love for the rest of your life. With the large number of individuals getting married these days, there are many guidelines available to help people prepare for marriage by doing the essential preparation work.

Aside from knowing what you must do, people should also know what they should avoid in order to keep their marriage as pleasant as possible.

The following are some of the things you should avoid if you want to keep your relationship as healthy as possible.

First and foremost, a lack of communication should be avoided.

This means that couples should have open discussions with each other to ensure that they are aware of all sides of the story in order to come at the best solutions to the challenges they experience in their marriage.

Most of the time, not talking about each other's difficulties leads to problems in relationships. For example, during the course of a marriage, some misunderstandings may arise, leading to conflict between the pair.

The second thing to avoid is inviting somebody to stay for an extended period of time without first consulting with your partner.

Avoid inviting your parents, relatives, or friends to your home for an extended visit without first informing your partner.

Some people are quite protective of their privacy and may not enjoy the unexpected shift, so it's best to discuss it first. Again, communication is critical at this time.

You should also avoid ignoring your partner. It is critical to be attentive to each other's feelings. If you see anything unusual about their behavior, make sure you approach the situation properly while demonstrating your comprehension.

Finally, resist taking advice from others. Remember that they are only suggestions that may or may not work for you.

While you should take other people's advice, you should also be free to make your own judgments about your relationship.

These are some things you should avoid in your marriage.

Follow these suggestions to maintain a positive connection with your husband.

Nowadays, a lot of people are getting married.

However, hundreds of couples throughout the world are divorcing at the same time. As a result, newlyweds may believe that there must be a way to make their marriage last.

There are easy and fundamental recommendations you can follow if you want to marry but are hesitant because of the possibility of divorce.

Here are the ABCs of a successful marriage and some things to avoid; For example, if you were a frequent party-goer before to your marriage, you should probably cut back. You can instead spend more private time with your spouse.

Furthermore, avoid making decisions on your own. It is often ideal to involve your partner in decision making.

Inviting family members to stay with you for a long vacation is a classic example. Some people place a high importance on privacy, so check with your spouse first and listen to their suggestions so that you may come up with better arrangements for everyone.

Together, they form a bond. Couples may find it difficult to do this, especially if they have children and are working.

It would be ideal if you could plan a second honeymoon or simply a getaway together as an escape from your hectic everyday commitments.

This will give you time to yourself and allow you to spend time together as a pair without interruptions.

Communicate: This is the most fundamental, yet crucial, rule for couples who want to make their marriage last.

Make an effort to discuss any issues or disagreements with your spouse.

Simultaneously, you must listen to what your partner has to say. Two-way communication is essential and will build your marriage bond.

If there is something bothering you in your marriage, communication is essential so that you can change it

In conclusion, using these basic to improve your marriage is straightforward. Be committed to your marriage and make an effort to keep the spark alive in order to avoid divorce Your spouse is more than just someone you live with; he or she is also a close confidant and someone who will always support you in anything you do.

As a result, you should always strive to have a positive relationship with your spouse in order for your marriage to continue for many years. If you put in the time and effort to work things out with your other half, you will also be able to overcome the barriers in your marriage life. Remember that no marriage will ever be flawless, and even happy couples will have periods when they doubt their marriage, especially when their differences and personalities collide. What matters is that these couples were able to withstand these moments and continue to be together. If you follow the recommendations above, you will undoubtedly be able to be one of these couples as well!

Problems with the First Marriage

When it comes to marriage, there are numerous challenges.

Expectations, intimacy, connection, and money are the most popular. All of these topics have the potential

to contribute to a problem. While the wife is concerned and simply wants him to quit, the husband may spend a lot of money on his gaming activities. They require the funds for their children.

Another case in point is the female. She is frequently anxious because she is too preoccupied with housework, and sex is the last thing on her mind.

However, the husband places a high value on intimacy, and without it, he may feel estranged from his wife.

Hardships:

You see, it's the small things that pile up to lead a husband and wife to argue. They may be resentful of one another and unwilling to work things out with one another. Some may try, but the other person isn't always as accommodating as they are. This is what makes relationships so challenging. The following are the four marriage difficulties.

Expectations

When you reach home, the wife has high hopes for you. She doesn't want you to leave your towel on the floor, and she won't allow you eat in your own room for fear of crumbs on the bed. This does not excite you in the least. You, on the other hand, want your wife to always have dinner ready by the time you arrive home and to look her best. This is all that matters to you.

Intimacy

If you've been seeking intimacy for a few weeks and your husband is too exhausted to do anything with you, it's critical to understand his perspective. Instead of putting pressure on him, offer him a gentle backrub to convey how much you care. He could be under a lot of stress at work.

When it comes to intimacy, both men and women benefit.

Connection

It is critical to maintain contact with your other half. If you and your partner have a strong bond, there is no room for divorce or separation.

Most couples that are bonded to one another understand one another better. In a relationship, sympathy and empathy go hand in hand. They are sad if their companion is sad. Depending on how long a couple has been together, it may take a few years or less than a few months for them to feel completely attached to each other.

Money

Unfortunately, money problems are one of the leading causes of divorce. If the two of you struggle with money and bills pile up, your relationship will suffer. It is strained as a result of the stress that has developed as a result of financial difficulties.

CHAPTER SEVEN

DISCOVER HOW TO USE THE BENEFIT OF DOUBT MENTALITY

Beareth all things, believeth all things, endureth all things (1 Corinthians 13:7).

The Lord shall grant you both the grace and understanding, and may you choose to believe in one another.

Marriage is not only the union of two souls, but the fusion of two hearts, two minds, and two destinies, creating a force that is greater than the sum of its parts.”

No Marriage will develop or be effective if one party is constantly skeptical

of the other's words, feelings, and actions. Having the so-called benefit of the doubt mentality can be quite beneficial in shifting the flow of your relationship in the best direction.

Love chooses to think the best of people.” It provides them with the benefit of the doubt. It refuses to make negative assumptions to fill in the blanks.

And when our worst fears come true, love makes every attempt to deal with them and go on. Love, as much as possible, concentrates on the positive.”

Give your Partner the Advantage of the Doubt

Have you ever said or done something stupid, dumb, or hurtful to your partner? Almost everyone in our world has mistakenly or purposely damaged someone they care about. In reality, research has shown that in all long-term relationships, many people will do anything damaging to their partner.

Every relationship is destined to have some sort of strife. Whether it's bewilderment, misunderstandings, or conflicts, if you've known and been around someone long enough, something will happen that will cause tension.

People will frustrate, anger, disappoint, hurt, or disturb you. Because your partner is human, just like you, there is no way around this. Will you react angrily in such situations, or will you give your partner the benefit of the doubt?

When you give someone the benefit of the doubt, it simply means that even when you lack all of the necessary knowledge, even in times of conflict, you will be willing to presume the best, set aside the negative judgment, and respond favorably. Love can grant the benefit of the doubt. It will not overwhelm the mind with negative assumptions. Even after being proven wrong or disappointed, it will try to find a way out of unfavorable situations.

In the word of God; Galatians 5:22-23 says,

"But the fruits of the spirit is love, Joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance: against such there's no law."

Love:

- The ability to love someone is essential in this situation. You cannot expect one person to embrace you entirely for who you are and then demand perfection from them. This is not an unconditional love.

Conditional love is founded on selfishness, which will not allow you to give someone the benefit of the doubt.

Patience:

When seeking the truth and attempting to resolve disagreement, patience is required; rushing to conclusions is not part of giving the benefit of the doubt.

Understanding:

It is critical to try to put oneself in the shoes of the other person. For all you know, they could be terrified of being themselves due to rejection, abandonment, or other concerns. Just presume that your partner has attempted to be honest and grow with you before collaborating with them on it.

Peace:

A state of harmony, tranquility, and absence of conflict or violence among individuals, communities, or nations. It encompasses a sense of calmness, mutual understanding, cooperation, and respect for one another rights and differences. In a short term, peace refers to the immediate absence of hostility and the establishment of a stable and non-threatening environment for all parties involved.

Long-suffering:

Refers to enduring or persevering through a difficult or challenging situation with patience, tolerance, and resilience. It involves the ability to maintain composure, withstand hardships, and exhibit selfcontrol despite prolonged adversity or suffering. In a short-term context, long-suffering implies demonstrating endurance and forbearance in the face of immediate trials or hardships, without giving in to frustration or despair.

Gentleness:

Refers to displaying kindness, tenderness, and consideration towards others in one's words, actions, and demeanor. It involves approaching situations and interactions with a soft and compassionate approach, avoiding harshness,

aggression, or forcefulness. In a short-term context, gentleness implies treating others with patience, understanding, and empathy, creating an atmosphere of harmony and respect in immediate interactions or circumstances.

Goodness:

Refers to demonstrating virtuous qualities and engaging in morally upright actions. It involves acting with integrity, kindness, and generosity towards others, as well as making positive choices that promote well-being and benefit those around us. In a short-term context, goodness can be seen in small acts of compassion, empathy, and altruism that contribute to the betterment of individuals or communities. It encompasses actions such as helping

someone in need, showing empathy towards others' struggles, or performing acts of kindness in the immediate present.

Faith:

Refers to having trust, belief, or confidence in something or someone beyond what is immediately evident or tangible. It involves relying on a higher power, a set of beliefs, or personal convictions to guide one's actions and

provide a sense of hope and purpose. In a short-term context, faith can be seen as having trust and confidence in the face of uncertainty or challenges, believing that things will work out positively or that one's efforts will yield fruitful results.

It can also involve maintaining optimism and resilience in immediate circumstances, even when the outcome is uncertain or difficult.

Meekness:

Refers to displaying humility, gentleness, and a non-confrontational attitude in one's behavior and interactions. It involves exercising restraint, patience, and self-control, even in situations that may provoke anger or frustration. In a short-term context, meekness can be seen as responding to conflicts or disagreements with a calm and composed demeanor, seeking peaceful resolutions and avoiding unnecessary confrontation. It entails choosing diplomacy, understanding, and empathy over aggression or assertiveness in immediate interactions or circumstances.

Temperance:

Refers to exercising self-control and moderation in immediate situations or circumstances.

It involves making deliberate and thoughtful choices, avoiding impulsive or excessive behavior, and maintaining a balanced approach.

Temperance can be seen as refraining from overindulgence or excess, whether it's in consumption of food, drink, or other pleasures.

It involves practicing moderation and avoiding extremes, even when faced with immediate temptations or pressures.

Temperance can also be applied to emotional responses, where one consciously chooses to remain composed and calm, rather than reacting impulsively or inappropriately to a particular situation or provocation.

Overall, temperance emphasizes the importance of self-control, moderation, and balanced choices in immediate actions and reactions.

Forgiveness:

The final but not least thing you require is the ability to forgive and forget.

Never allow yourself to get bitter. When you've finally let go of your original rage, let it go and don't allow it cloud your mind again.

I once read in Dr John Gottman book; "The Relationship Cure: A 5 Step Guide to Strengthening Your Marriage, Family, and Friendships" - In this book, Dr. Gottman offers practical advice and strategies for improving communication, resolving conflicts, and enhancing emotional intimacy in various relationships, including marriage.

"What Makes Love Last? How to Build Trust and Avoid Betrayal" - This book delves into the critical importance of trust in a relationship and provides insights on how to strengthen and rebuild trust in a marriage.

Dr. Gottman's work is highly regarded in the field of relationship psychology, and his books offer evidence-based advice and actionable tips for couples seeking to improve their marriages.

I once read also in Dr. Sue Johnson book, Titled: LOVE SENSE. Dr. Sue Johnson is a clinical psychologist and a leading expert in the field of couple's therapy. She is the developer of Emotionally Focused Therapy (EFT), which is a highly effective approach to improving relationships and marital bonds.

I have read her books on:

"Hold Me Tight: Seven Conversations for a Lifetime of Love" - In this book, Dr. Sue Johnson presents seven

trans-formative conversations that couples can have to enhance their emotional connection and create a more secure and loving bond in their marriage.

"Love Sense: The Revolutionary New Science of Romantic Relationships" -

This book explores the science of love and attachment and how understanding these dynamics can lead to more fulfilling and lasting marriages.

"Created for Connection: The "Hold Me Tight" Guide for Christian Couples" - Co-authored with Kenneth Sanderfer, this book applies the principles of EFT to Christian couples, offering insights and guidance to strengthen their spiritual and emotional connection.

Dr. Sue Johnson's work is highly regarded for its focus on emotional intimacy, attachment, and the transformative power of deep emotional connections in marital relationships. Her books provide practical advice and exercises for couples to develop a stronger and more loving bond in their marriage

CONCLUSION

In conclusion, strengthening a marriage is a continuous journey that requires dedication, effort, and mutual understanding. The essential tips for building a lasting and fulfilling relationship can be summarized as follows:

Effective Communication: Open and honest communication is the foundation of a strong marriage, fostering understanding and connection between partners.

Emotional Intimacy: Cultivating emotional intimacy by sharing vulnerabilities and feelings creates a deep and meaningful bond.

Showing Love and Appreciation: Regularly expressing love and gratitude keeps the relationship vibrant and reinforces the value of each partner.

Respecting Individuality: Recognizing and respecting each other's uniqueness allows for personal growth within the relationship.

Constructive Conflict Resolution: Handling conflicts with respect and finding solutions together strengthens the partnership.

Support and Encouragement: Being each

other's support system and encouraging personal and shared goals builds a strong team dynamic.

Quality Time Together: Prioritizing quality time free from distractions helps maintain a strong emotional connection.

Forgiveness and Patience: Learning to forgive and being patient during challenging times fosters growth and understanding.

Physical Intimacy: Nurturing physical intimacy strengthens emotional closeness and reinforces the connection between partners.

Gratitude and Celebration: Expressing gratitude for each other and celebrating milestones create a positive and appreciative atmosphere.

By incorporating these essential tips into the marriage journey, couples can enhance their relationship, overcome challenges, and create a loving and enduring partnership. It is important for both partners to be committed to nurturing their marriage continuously, fostering a strong bond that withstands the test of time.

THE LADY BEHIND THE SCENE

Osunlaja Grace Aderonke hails from a popular town, precisely Ogun Waterside Abigi, Ogun State in South-West Nigeria. She was born into a royal family and she grew up to believe solely in relying on God despite not

genuinely saved and one glorious day she encountered a greater power in Jesus Christ and she surrendered her life fully to Jesus Christ as her personal Lord and Savior. After she became born again, she determined to serve the lord with more zeal than what she did outside Christ. She became an evangelist of holiness and righteousness and salvation through Christ.

She then discovered her calling into Distinct Damsel; Holiness and Righteousness Mission and has since been used of God to equip women and how to be a virtuous women at all cost and winning the lost soul and backsliders one by one to God and igniting the heart of many wandering souls back to God. She is the founder of Distinct Damsel; Holiness and Righteousness Group. She organizes and speaks in various virtual programmes. She teaches majorly on marriage crises and the ways out, health talk, marital fulfillment for singles and a lot of seminars which she also venture into either virtual or physical.

She is the convener of the popular, non interdenominational, quarterly-run Distinct Damsel for both singles, married and engaged also holiness and righteousness for daily digest of the scripture forum.

She is a counselor and health practitioner and a well life coach to the core.

She is also a blessing to the body of Christ.

She lives in Abeokuta, Ogun State, South- West. She is a lady with a vision.

You can also order for my other books by contacting me on the above contact line.

BREAKING FREE FROM WRONG "I DO"



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Thanks so much for your patronage and don't forget as you're abiding by the rules and principles to make your marriage heaven on earth also strives to get to heaven. Jesus is the only marriage sustainer and with Jesus in your marriage what a happy home!!



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