

COUPLES' HOMEWORK

Individually:

1. Read your Bible every day for at least 5 minutes; begin in John then go to Romans; mark promises with a *P*; commands with a *C*; questions with a *?*. Increase 1 minute/week until you are devoting at least 15 minutes.
2. Pray quietly for at least 5 minutes each day using a prayer diary; ask your Father three questions and listen after each question for His answer. The three questions are: How have I offended You? How can I be a better spouse? How can I be a better parent? Record your impressions. Increase 1 minute/week until you are devoting at least 15 minutes.
3. Get 30 minutes of aerobic exercise at least 4 times per week. Plan an adventure.
4. Get at least 7 hours of good sleep each night. Honor a weekly Sabbath.
5. Eat more vegetables and less refined sugar. Drink lots of water.
6. Think "charitably" about your spouse. Make your decisions towards them on God's Word and not your emotions. Be a "safe" person for your spouse.
7. Regarding communication with your spouse use the following three guidelines: keep your spouse "over-informed;" encourage your spouse whenever possible; don't criticize your spouse without giving your concerns a week's worth of prayer.
8. If you must argue with your spouse, "fight" fair. Don't play the "divorce" card. Address behaviors rather than personality issues. Forgive quickly and completely.
9. Husband! Pursue and protect your wife. Wife! Treat your husband with respect.
10. Don't be the Holy Spirit in your spouse's life. (Heb 12:2; Phil 1:6; Rom 14:4)

Together:

1. Agree in prayer together once per day (Matt 18:19)
2. Have a date at least once every two weeks.
3. Attend a good, Bible-teaching church once a week.

1 Cor 13:4-7

4 Love is patient and kind. Love is not jealous or boastful or proud 5 or rude. Love does not demand its own way. Love is not irritable, and it keeps no record of when it has been wronged. 6 It is never glad about injustice but rejoices whenever the truth wins out. 7 Love never gives up, never loses faith, is always hopeful, and endures through every circumstance. NLT

