1. **When problems arise, acknowledge that you are part of the problem.**
   
   "Many a man claims to have unfailing love, but a faithful man who can find?" – Proverbs 20:6
   
   See also Genesis 3:8-19

2. **Be willing to change...Be part of the solution.**
   
   "When Jesus saw him lying there and learned that he had been in this condition for a long time, He asked him, 'Do you want to get well?'" – John 5:6
   
   See also Matthew 5:23-26

3. **Be responsible for your own words, actions, and reactions. Don’t justify them by blaming them on your spouse.**
   
   "Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, for each one should carry his own load." – Galatians 6:4-5
   
   See also James 1:13-15

4. **Do not keep bringing up old arguments or wrongs.**
   
   "Love...keeps no record of wrongs." – 1 Corinthians 13:5
   
   "Forget the former things; do not dwell on the past." – Isaiah 43:18
   
   See also Philippians 3:13-14

5. **Focus on the positive instead of the negative.**
   
   "...whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." – Philippians 4:8

6. **Speak with kindness and gentleness.**
   
   "An anxious heart weighs a man down, but a kind word cheers him up." – Proverbs 12:25
   
   "Pleasant words are a honeycomb, sweet to the soul and healing to the bones." – Proverbs 16:24
   
   "A gentle answer turns away wrath, but a harsh word stirs up anger." – Proverbs 15:1

7. **Take time to listen to your spouse with a desire to understand.**
   
   "He who answers before listening—that is his folly and his shame." – Proverbs 18:13
   
   "Everyone should be quick to listen, slow to speak and slow to become angry, for man’s anger does not bring about the righteous life that God desires." – James 1:19-20

8. **Express your thoughts and concerns in an appropriate way.**
   
   "A word aptly spoken is like apples of gold in settings of silver. Like an earring of gold or an ornament of fine gold is a wise man’s rebuke to a listening ear." -- Proverbs 25:11-12.

   - **Speak the truth in love.**
     
     "Instead, speaking the truth in love, we will in all things grow up into Him who is the Head, that is, Christ." – Ephesians 4:15

   - **Control your anger.**
     
     "A fool gives full vent to his anger, but a wise man keeps himself under control." – Proverbs 29:11
     
     "In your anger, do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold." – Ephesians 4:26-27

9. **Think things through before you speak.**
   
   "The heart of the righteous weighs its answers, but the mouth of the wicked gushes evil." – Proverbs 15:28
   
   "A wise man’s heart guides his mouth, and his lips promote instruction." – Proverbs 16:23
10. Keep conflicts between yourself and your spouse as much as possible. Don’t get others involved unless it is absolutely necessary.

“If you argue your case with a neighbor, do not betray another man’s confidence...” – Proverbs 25:9

See also Matthew 18:15-18.

11. Treat your spouse the way you want to be treated.

“Therefore, whatever you want others to do for you, do also the same for them...” – Matthew 7:12

12. Do good to your spouse without expecting good in return. He/she will usually respond with good, but do not become angry if not.

“...do what is good, and lend, expecting nothing in return.” – Luke 6:35

13. Always be ready to forgive.

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” – Ephesians 4:32


“Set a guard over my mouth, O LORD; keep watch over the door of my lips.” – Psalm 141:3

“The Sovereign LORD has given me an instructed tongue to know the word that sustains the weary.” – Isaiah 50:4

15. Never stop praying.

“Pray continually.” – 1 Thessalonians 5:17

“Then Jesus told His disciples a parable to show them that they should always pray and not give up.” – Luke 18:1

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