



20 TIPS

for a

Healthy Marriage

Let's be real. Marriage is hard work! It takes daily surrender, sacrifice and commitment to grow. However, when two people are willing you can have fulfilling and even fun marriages even when it gets difficult. Here are 20 quick tips to help you not just survive in your marriage, but thrive!

- Pray together every single day. Prayer is the most powerful weapon we have against the enemy! "The thief's purpose is to steal, kill and destroy. My purpose is to give them a rich and satisfying life." John 10:10
- Keep your first year of marriage simple. If you've already been married for a few years, this still applies! Don't over complicate life with commitments that threaten to overcrowd your schedule and minimize time together. (Of course, we all go through busy seasons but don't make this a long term habit) For a great resource on how to live simply, I highly recommend Shawna Niequist's book, Present Over Perfect.
- Put in the work to budget early on with your finances. Set goals and work hard to become debt free. Benjamin and I have learned so much from Dave Ramsey's Ministry.
- Ladies! Don't always expect your husband to put the toilet seat down if he doesn't expect you to put the toilet seat up! Just sayin.'
- Do without a television the first year (or forever) This will challenge you both to "date" one another and spend time doing other fun things.

- 
- Eat healthy meals & exercise together!
 - Make your plans but allow the Holy Spirit to order your steps with all areas of your marriage. He is the only One that will keep you together & growing in love! "We can make our plans, but the LORD determines our steps."
Proverbs 16:9
 - God designed sex to be enjoyed between a husband & wife! Continually discover one another and communicate about your needs and desires. Two books we would highly recommend reading are: "[Intended For Pleasure](#)" & "[Act of Marriage](#)"
 - Maintain or build a relationship with an older couple who can give you advice and wisdom in the years to come. "Plans fail for lack of counsel but with many advisors they succeed." Proverbs 15:22
 - Choose a scripture for your marriage & put it in a place where you will see it everyday! We have this in our living room: "Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony." Colossians 3:13-14
 - Do whatever necessary to have dates (no matter what time of day!) Call a babysitter or ask a family member to watch the kiddos while you have fun with your spouse. It is worth every minute! Sometimes all you need is a break outside of the daily routine to reconnect.
 - If you've been feeling stuck in your marriage, each of you write down 2-3 things you'd like to see change. Then, talk and pray through each one.
 - Serve together. Seek out an organization, a ministry or an individual to bless through your time, money or resources.
 - If you're finding it difficult to laugh together lately, watch some good ole' fashioned comedy together. We highly suggest: Laugh Your Way to a Better Marriage

- Cook a new meal together (just like you did when you were dating)
- Seek out building relationships with other couples. Cultivating community around us is so vital and reassures us that we're not alone – that everyone is on a journey.
- If you haven't talk with your spouse recently about sex, do so. Be willing to have an honest conversation about each other's needs. Has it been awhile? Does one feel unsatisfied and why? Talk it through and pray about it. There is so much power in prayer!
- Encourage your spouse to pursue a goal or dream of theirs. Cheer them on. Be their number one investor. Stand by their side as they pursue something new!
- Trust God with your spouse! I don't think we can emphasize this one enough. It doesn't matter how long we've been married, there will forever be a part of us that feels the need to change or fix each other. And let me tell you: it will never work. Choose one area that you keep nagging your spouse about. Stop nagging. Pray about it. And trust God. Simple as that.
- Pray for your spouse. Everyday. Take the prayer challenge with Marriage After God and watch your marriage transform while surrendering to the Lord.



Thank you so much for allowing us to share these tips with you. We are praying for you and your spouse – that God would bring refreshment where needed, trust where there has been pain and joy to pursue each other again and again!

~ Benjamin and Hope Noble
Noble Living Co.

