



The point of marriage is not to simply get married or stay married, but to enjoy a life-long journey of love and oneness.

Matthew 19:4-5 “*Haven’t you read,“ he replied, “that at the beginning the Creator ‘made them male and female,’ and said, ‘For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh?’*”

Matthew 19:6 “*So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.*”

Ephesians 5:21 *Submit to one another out of reverence for Christ.*

To submit to someone means to voluntarily yield yourself to another person out of love.

A lasting marriage is full of submissive adjustments.

What shared agreement did you once have that worked for that season but now needs to be thrown away and revisited?

Healthy communication

Assertiveness: the ability to express your feelings and ask for what you want in the relationship.

Active Listening: the ability to let your partner know you understand them by restating their message.

Life-long marriages that are full of love and oneness continually ask this question:

Is there anything I can do for you?