



## 31 Ways to Cultivate a Clean Slate Marriage

1. Read the Bible together regularly
2. Pray together everyday
3. Call your spouse just to say “I love you” during the day
4. Notice the little things your spouse does (like the laundry or coming home from work on time) and appreciate those acts of kindness
5. Write love notes to your spouse
6. Set aside a weekly date night
7. Anticipate the time you will have alone with your spouse and be mentally, emotionally and spiritually prepared to give to them
8. Listen to your spouse
9. Dream together--always have a goal/dream for the future together
10. Pray daily for your spouse’s protection, health, spiritual growth, success and the specific issues that weigh on his/her heart
11. Make sexual intimacy an important part of your relationship by maximizing this special and holy part of your marriage.
12. Value your spouse for who they are and not just what they do
13. Make an effort to surprise your spouse with expressions of love
14. Attend church together
15. Go to a small group at your church that has other married couples in it whose marriage you admire and can learn from
16. Attend marriage conferences or retreats annually
17. Read Christian marriage books together
18. Be part of serving together (such as teaching Sunday school, feeding the homeless or some other self-less act)
19. Schedule breaks in your life when you can get away- go camping, go to a hotel or do whatever allows you to mentally leave behind stresses and enjoy each other
20. Regularly massage your spouse’s shoulders, feet, head or back
21. Exercise together
22. Hold hands during worship in church

23. Kiss after you say grace
24. (Depending on your spouse's personality needs) After a long day at work, give your spouse time to settle in and un-wind before you expect them to have a high level of interaction with the rest of the family. Whether it is a shower, a jog or ten minutes with some coffee on the porch, let your spouse de-frag from the traffic and demands of the day before you interface with each other.
25. Help your spouse with "his" or "her" chores to show that you are on the same team instead of making him/her feel as though you are judging their performance
26. When your spouse hurts your feelings pray about it before you talk to them, but then share your heart and forgive them regardless of their response
27. Spoil your spouse when they are under a lot of stress
28. Do something new and different together (learn to play tennis, take up photography, whatever might put you in an environment where you can enjoy each other and do something totally different together)
29. Find three or four ways to express encouragement to your spouse and then make sure you bless them with that encouragement at least on a weekly basis
30. Speak well of your spouse in public
31. Celebrate the big and small things of life together as blessings from the Lord



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You'll find weekly His & Hers devotionals, marriage helps, audio messages and other resources that we hope will be a blessing to you!

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