

Pastor Denis Wade's

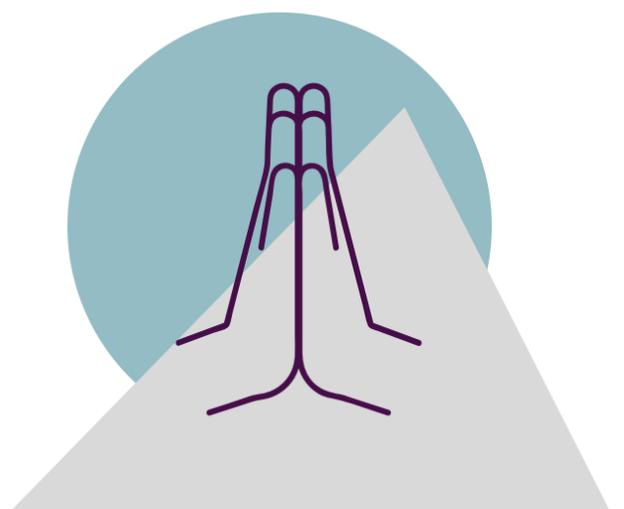
5 hacks for a lasting marriage

Follow these tips to avoid getting breakups or breakdowns in your marriage!



Listen

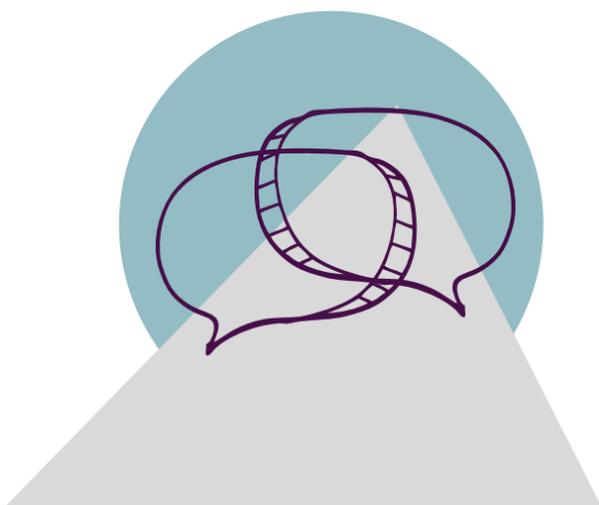
Learning to listen to your partner can be one of the most challenging things to do. Acknowledge your partner's feelings and actions. Don't act out in your behaviour. Don't pre-judge your partner, their motives, words or actions. Don't second guess. Practise active listening.



Pray

Pray! Pray! Pray!

Not only will this help you both to put God at the centre of your relationship, it will help you to do what you can't do for yourself when you come to the end of your patience, love and self.

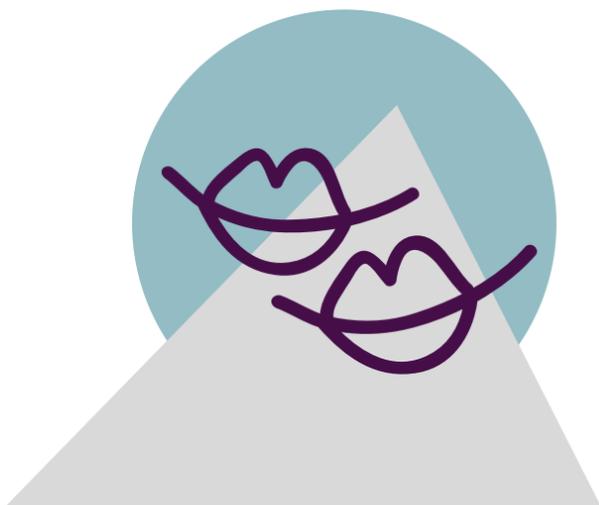
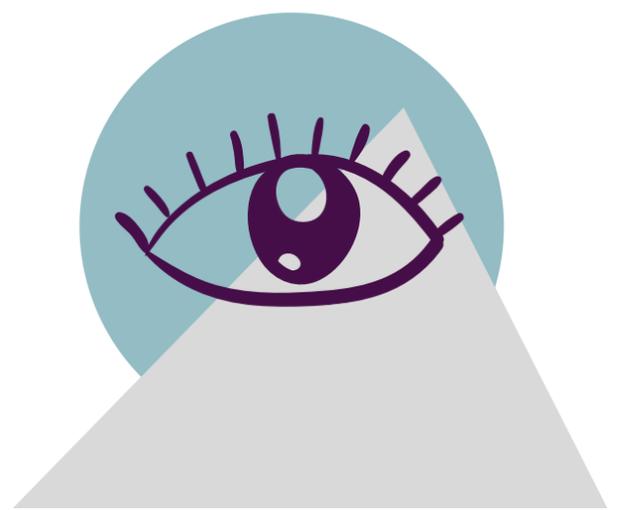


Speak

Be clear about what you want. Don't make demands on your partner. Don't be controlling. Be honest and transparent. Be clear and concise. Be patient. Consider your partner's perspective, not just your own. Regularly use words of affirmation.

Observe

Observe your partner's body language, and moods. Pay attention to their actions and behaviour. Ask yourself the question, 'What's really happening here?' Be aware, be kind and be compassionate. Pay attention to your own actions, moods and behaviour.



Touch

Hold hands frequently. Use positive, affirming physical gestures. Give plenty of hugs and kisses. Respond positively to your partner's gestures. Encourage open conversations around physical intimacy and touch. Seek appropriate advice and counsel where necessary.

Have a long and happy marriage!

For further information visit the [Micah Love and relationships resources page](#).