

# 5 Steps to Restore a Fraying Marriage

Maybe your marriage isn't exactly what you hoped for. Communication with your spouse is marked by arguments, not conversation. If this sounds familiar, try these 5 steps.

## **Step #1 – Pray**

For your own heart. For his. For wisdom on when/what to speak and when/what not to speak.

Look for author Julie Bender's video series [#prayingforyourhusbanddaily](#) on YouTube or pick up a copy of *The Power of a Praying Wife* by Stormie O'Martian.

## **Step #2 – Go Back to Your First Love**

Ask yourself these questions and ponder what changes you need to make:

*What activities did you do when you were first dating that drew you together? Do you still connect over shared hobbies/interests/dreams? Do you take time to play and enjoy each other without going over the bills and discussing the kids?*

## **Step #3- Show Yourself Some Love**

The old adage has some truth to it: You can't love someone else if you don't first love yourself.

*What do you do for self-care? How do you create time in your schedule to do things that bring you joy, release stress, and provide rest?*

## **Step #4 – Give Up Nagging**

Instead, focus on what he's doing right. It's hard to break a cycle of negativity, but with effort and intention, it can be done.

*What did you first love about him? Make a list! Now take notice, what on the list is still there in the man you love? How can you speak life into your marriage by highlighting those things more and letting some of the little stuff go?*

## **Step #5 – Talk Less, Listen More**

This feels too simple, but I'm convinced that if we really followed this advice, we'd have happier lives and marriages.



# Marriage Troubles?

## WORDS TO REPEAT WHEN YOU'RE WORKING TO RESTORE YOUR MARRIAGE

“It’s one thing to say “I do” thinking about “happily ever after”... it’s a choice to put in the effort to stay happy together.” —*Julie Bender*

“A happy marriage is the union of two good forgivers.” —*Ruth Bell Graham*

“There are some parts of the role of a wife that are universal, but the Holy Spirit will tell you how you are to love your own husband day by day, season by season, circumstance by circumstance. How perfectly personal God and marriage are.” —*Julie Bender*

“On the day I called, you answered me; and you made me bold and confident with [renewed] strength in my life.” —*Psalms 138:3*

“Marriage isn’t 50/50. It’s 100/100.” —*Julie Bender*

