**10 Resolutions for a  
Better Marriage This Year**

### 1. ****More**** Bible Reading This is first for a reason. Nothing will transform you like immersing yourselves in God’s Word. The more you read, the greater your appetite and the more you’re filled with truth. If you rely solely on your pastor and others to tell you what the Bible says, you’re missing out in a massive way. Make time, dig in, read the Bible for yourself, and watch as God renews your mind. It will have an unprecedented effect on your marriage.

### 2. ****More**** Prayer Pray alone, pray with your spouse, be intentional. Set aside time to pray in a focused way, and keep yourself in an attitude of prayer throughout the day. Nothing replaces prayer.

**3. More Encouragement**

Make it a goal this year to intentionally encourage each other. Set reminders to help you remember, then watch the habit of encouragement take over.

Some ideas:

* Send an encouraging text message on a daily basis
* Send a letter in the mail… to your own house, addressed to your spouse
* Give each other gifts just because
* Learn to speak your spouse’s love language

Encourage your spouse with purpose, and watch how the encouragement multiplies in your home

### 4. ****More**** Quality Time Nothing replaces quality time with your husband or wife. There are no shortcuts, and no substitutes. We all know this, but the busyness of life can make it difficult. Make this a priority by setting aside time to be together now, when the year is young.

Ideas:

* Mark off one weekend a month where you do something new together (it doesn’t have to be expensive; be creative)
* Plan one date night per week if possible. Coffee, ice cream, frozen yogurt, whatever. Just get in each others space and be emotionally intimate.

### 5. ****More**** Godly Community Who are your friends? Are you serving in your church? Do you regularly attend a church together? Your marriage is your ministry, but you also need friends who are alongside you and helping you grow. Be intentional about your friendships, by nurturing a good blend of “input” friendships (those who help you grow and encourage you) and “output” friendships (those who you are ministering to and pouring into for their benefit).

### 6. ****Less**** Television This can be such a time waster. How would your life be different if you removed television from your daily routine? At least consider limiting your TV time in the coming year, and replace it with more intentional activities that build your life and marriage.

### 7. ****Less**** Social Media Social media isn’t intrinsically bad, but it can be a time waster. We can also fall into the trap of comparing ourselves to others in unhealthy ways, especially since you only see a glimpse of the best moments in your friends’ lives. Consider limiting your time on Facebook, Instagram, and the like by being mindful of your usage.

### 8. ****Less**** Work When you’re old and grey together, you’ll never wish you’d spent more time working. You’ll cherish the moments you shared with the ones you love. Work is good, but it’s not meant to be your entire life. If you have to work extra long hours to afford your lifestyle, perhaps it’s time to re-evaluate your financial commitments? This year, resolve to strike a healthy balance with your job, and do whatever is necessary to make it possible.

**9. Less Complaining**

Complaining starts when we forget all that God has done for us. A complaining attitude stems from an attitude of ungratefulness.

### 10. ****Less**** Unhealthy Arguing Couples argue; it’s part of marriage. Healthy couples still argue, they just do it in a way that builds their marriage up instead of tearing it down. Use language that is constructive, and try not to let emotions (anger, frustration) dictate how you speak to your spouse; when your emotions fade, your spouse will still be there.