

## **BUILDING YOUR HOME AND KEEPING IT STRONG AND HEALTHY**



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### **Step 1- Pray Together**

Set aside time each day to pray with your spouse. The best time to pray is first thing in the morning; you ask God to fill you with Holy Spirit and give you strength for the day ahead. This brings you closer together and elicits mutual care for each other. The loving affection between you and your spouse goes beyond the physical realm to the emotional and spiritual realms. This develops true intimacy between both parties and with God.

### **Step 2 – Study the Holy Bible together**

Set aside time each day to read and study the Holy Bible together. This is often referred to as a time of devotion to God. There is no gainsaying the fact that spending quality time with God enriches you and your spouse's lives as one body.

### **Step 3 - Make decision together**

Commit yourselves to making important decision together. Critical decisions on family's financial issues are best decided as a couple. It is a known fact that one of the greatest areas of strain in marriages is the issue of family finances. Both parties should carry each other along in decision making. Communication gaps or keeping income and expenditure pattern secret to each other can drive a wedge in a

relationship faster than can be imagined. This is because it breeds distrust and lack of confidence. It is important to come to mutual understanding and decisions in handling financial issues in the family. This will strengthen trust between you and your partner. This is one of the best ways to develop trust as a couple.

### **Step 4 - Attend Church together**

Get involved in a Bible believing Church together. Find a place of worship where you and your spouse will not only attend to worship together but where both partners will actively participate in various Church activities. This will not only ensure that both parties develop mutual areas of interests but will provide the platform to make Christian friends that will boost your common interest. The Bible says in Heb.10:24-25 that one of the best ways we can stir up love and encourage good deed is by remaining faithful to the Body of Christ by meeting together regularly as believers.

### **Step 5 - Continue dating**

Set aside special, regular times to continue developing your romance. Once married, couples often tend to neglect the area of romance, especially after the kids come along. It is important to continue your dating life with each other. Periodically, come up with pleasant surprises for your spouse, either with gifts, having dinner out of the home once in a while, attend movies, etc. No doubt this may require making strategic planning, but the long term benefits are very rewarding. It is a vital and critical safety valve in maintaining, strengthening and securing intimate marital bliss all through life. It is critical to learn to apologize when necessary. Be bold to say "I am sorry" when you are in the wrong. Also be quick to acknowledge your spouse every time. Always learn to say the magic 3-letter phrase, "I love you" which melts all discordant tones in the marriage enclave. Keeping the romantic love alive will be a bold testimony to the strength of your Christian marriage.