**NAME: ROMAR S. MELANCOLICO DATE: FEBRUARY 20, 2023**

**NETWORK: MORE THAN CONQUERORS NETWORK LEADER: DONMARK MOISES**

**LESSON #: 4 TOPIC: SEVEN PILLARS FOR A HAPPY  
 MARRIAGE**

**Reflection Questions:**

**List the seven pillars and explain how you can develop them in your home**

1. **Love** – saying I love you is not enough. It should be express. I can express my love to my wife by spending a lot of time with her. I will give her the attention she wants. I will cook all her favorite foods.
2. **Friendship** – I can develop my friendship with my wife through communication. Talking to her about anything, about my experience in work, in ministry. Also spending time to play board games.
3. **Respect** - It is important to also show my respect to my wife. I will watch my words when I speak to her. I will make sure that the words will edify her, brings her comfort and smile.
4. **Transparency –** I will also let my wife know all the activities that I am doing. To tell her ahead of time. And also to share my feelings to her, especially on something that hurt me.
5. **Communication** – Amidst in my business, I will always make an effort to chat my wife. To check on her from time to time. I will also give my full attention when talks to me.
6. **Cooperation** – I will be more involved in the house especially that our baby will be coming out soon. I will prepare myself for more sleepless night. I will learn to change diaper. I help in buying stuff for our
7. **Being Guided By The Holy Spirit** - The Holy Spirit is a very important persona in my marriage. I will make it known to my wife that the Holy Spirit will be our guide, councilor in our marriage. I help her grow in spirituality by making her involve in the ministry through encourage to her to invite friends in our church activities