

Daily Marriage Tips

Tips courtesy of [Susan Vogt, MA, CFLE](#)

1

"You really shouldn't say 'I LOVE YOU' unless you mean it. But if you mean it, you should say it a lot. People forget." (Jessica, age 8) Mean it today. Apply this to your children and other relatives too.

2

"[Married] love is first of all fully human; that is to say, it pertains at the same time to the sense and spirit." (Humanae Vitae) Married love is rightly sensual. Delight in it. When hardships come, call on the Spirit to renew your spirit.

3

When you and your spouse disagree about something try changing places - figuratively. Take your spouse's position to see how it feels from another point of view. You don't have to agree, but it helps your spouse to know you understand.

4

When you and your spouse disagree about something, try changing places - literally. Exchange seats, move a little closer, or hold hands to remind yourselves that underneath this argument is a deeper love.

5

When dealing with in-law issues, try Bill Dougherty's advice, "Blood should argue with blood." What's the kindest or most helpful thing an in-law did for you? Focus on the positive.

6

"Couples who are finding it hard to stay married deserve our prayers and assistance." (Follow the Way of Love, USCCB) Pray for a couple you know who is struggling in their marriage.

7

"Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My mommy and daddy are like that." (Emily - age 8) Would others see that you love your spouse?

8

Sometimes the work of love is wearisome. We wonder whether it's worth all the effort. Remember what you said on your wedding day, "For better or for worse."

9

"Your people will be my people, and your God will be my God." (Ruth 1:16) This scripture was originally said by Ruth to her mother-in-law. How's your relationship with your mother-in-law?

10

"Wherever you go, I shall go, where you live, I shall live." (Ruth 1:16) Where have you followed your spouse? When have you been the leader?

FROM WWW.FORYOURMARRIAGE.ORG