

10 COMMANDMENTS OF MARRIAGE

by Rev. Linda A Bardes

- 1. Honor yourself.** *When you hold yourself high with integrity and self respect and never compromise your values you can trust each other absolutely. It's the basis for everything else that defines your life and your marriage.*
- 2. Honor each other.** *Do not hesitate to see more in each other than what is presented at face value. Look deep. People tend to live up to our expectations of them.*
- 3. Have powerful dreams and goals—for yourself, each other, and the marriage.** *You need dreams to keep you truly alive and vital. They help you create passion; for life and for each other.*
- 4. Read Your Vows Every Day:** *Sometimes you read them by yourself; at least once a week read them together. This keeps the dream in front of you and creates an opportunity for conversation.*
- 5. Say “Thank you” and “I Love You” every day.** *Every day find a way to show appreciation to people you love and people who give you service. This includes your partner, clerks, salespeople, wait staff, people who hold doors open, people who let you in traffic, etc. “Thank you,” is Universal currency that pays BIG dividends.*
- 6. Do little things for each other.** *Do not wait to be asked. Anticipate opportunities..*
- 7. Never go to bed angry with each other.** *Because talking it out will save you time, energy and mistakes the next day.*
- 8. Listen to each other.** *What you give your attention to grows. It doesn't matter if it's a plant, a bank account, your marriage, or your children.*
- 9. Look at the solution and not at the problem.** *When you focus on the solution, ideas and opportunities will present themselves in unusual and magical ways.*
- 10. Thou shalt lighten up and laugh often:** *Especially at yourself.*