

10 COMMANDMENTS OF MARRIAGE

by Rev. Linda 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. Say “Thank you” every day.** *Every day find a way to show appreciation to people you love and people who give you service. This also includes 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.*
- 5. Say “I Love You” to each other at least once a day!** *This is another way to say “Thank you.” Use both phrases. They multiply each other by at least 10!*
- 6. Do little things for each other.** *Follow 4, 5, 6, and you multiply the effect by 100!*
- 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.*

(This is the most little known and most important commandment of all.)
- 10. Thou shall lighten up and laugh often:** *Especially at yourself.*