

inTENTionals for Marriage

Top 10 List from Dr. Randy Carlson

1. Forgive Quickly

“Be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.” (Ephesians 4:32)

2. Commit Freely

“Commit everything you do to the Lord. Trust him, and he will help you.”
(Psalm 37:5)

3. Share Values

“Two are better than one, because they have a good return for their labor:
If either of them falls down, one can help the other up.” (Ecclesiastes 4:9)

4. Grow Up

“Be joyful. Grow to maturity. Encourage each other. Live in harmony and peace.
Then the God of love and peace will be with you.” (2 Corinthians 13:11)

5. Live the “Love Passage”

“Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.”
(1 Corinthians 13:4-7)

6. Practice Healthy Communication

“Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.” (Ephesians 4:15-16)

7. Hold Realistic Expectations

“Always continue to fear the Lord. You will be rewarded for this; your hope will not be disappointed. My child, listen and be wise: Keep your heart on the right course.”
(Proverbs 27:17-19)

8. Have Fun

“Let your wife be a fountain of blessing for you. Rejoice in the wife of your youth.”
(Proverbs 5:18)

9. Anticipate Something Together

“And I am praying that you will put into action the generosity that comes from your faith as you understand and experience all the good things we have in Christ.”
(Philemon 1:6)

10. Leave and Cleave

“Therefore shall a man leave his father and his mother, and shall cleave unto his wife:
and they shall be one flesh” (Genesis 2:24)