

25 ways to

safeguard

your marriage

when it comes to...

in laws

1. Have a plan for when in-laws will visit and how long they will stay.
2. Take a walk if you find yourself growing frustrated.
3. Destroy the list in your mind of negative character flaws or irritations.
4. Create a list in your mind of positive attributes and admirable qualities.
5. Let negative comments roll off your back.
6. Prepare for the holidays by communicating expectations ahead of time.
7. Pray

children

8. Get away once or twice a year without the children.
9. Get creative and plan a date night once a week.
10. Stop what you're doing to give him a hug when he comes in the door in the evening.
11. Get intentional about looking for ways to show him he's still number one in your life.
12. Get personal by having meaningful conversations with no interruptions.
13. Get your husband involved in caring for the children.
14. Get practical and think of ways to reignite the passion once the baby comes.
(Perhaps take a nap when the baby naps. He won't care if the house isn't clean.)

other men

15. Have an accountability partner (a Christian friend) with whom you can admit any tempting thoughts. Ask her to pray for you if you do have those thoughts.
16. Avoid contact with any man to whom you feel attracted to either emotionally or physically.
17. Avoid having a male best friend.
18. Avoid telling your marriage problems to another man.
19. Avoid having a male confidant.
20. Do not believe Satan's lies that life could be better with another man or that you've simply married the wrong person.
21. Avoid being alone with another man for an extended period of time (whether socially or professionally).
22. Avoid seemingly innocent Internet relationships with a man.
23. Have sex with your husband on a regular basis.
24. Stay emotionally and physically connected to your husband.
25. Pray for your husband daily.