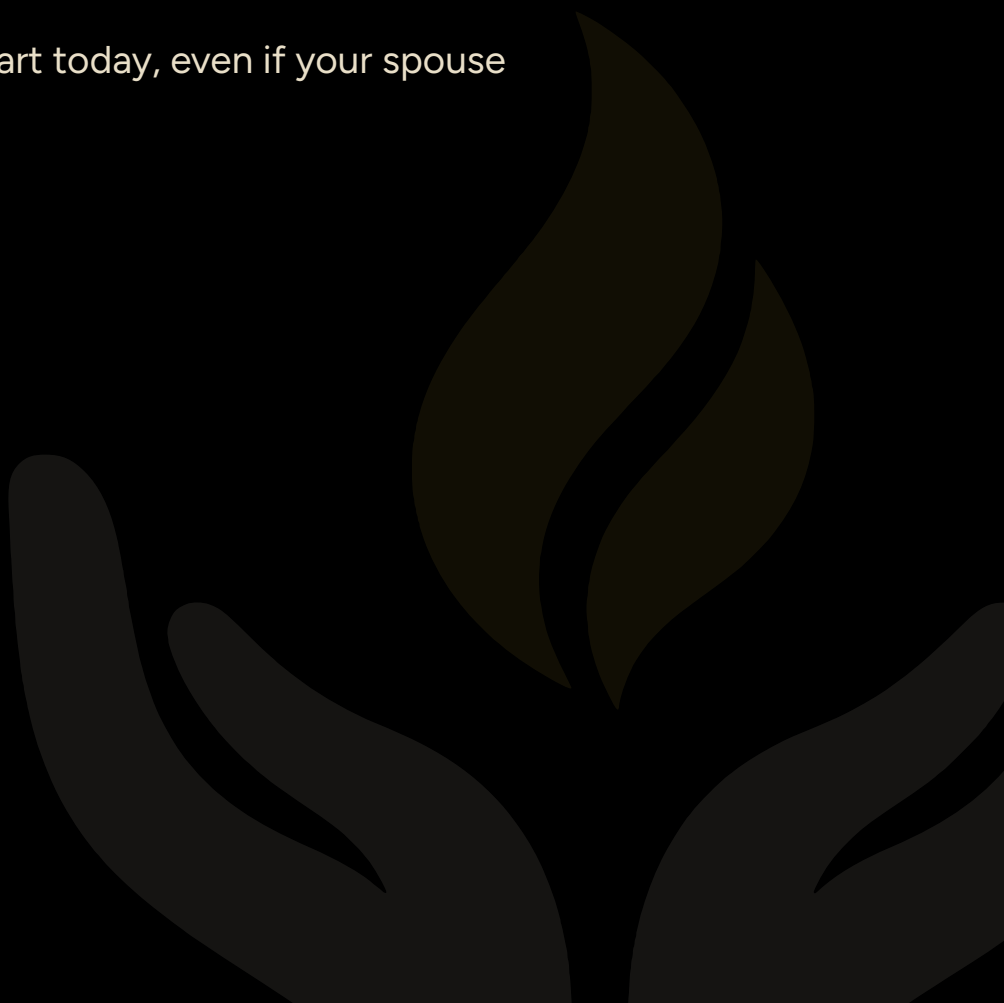
thewayhelp

Start Here:

7 Steps to Rebuild Your Marriage

Simple things you can start today, even if your spouse isn't ready yet.



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A word before you start

If you downloaded this guide, your marriage is probably hurting. You may feel distant, angry, or tired of the same arguments. You may wonder if it can be fixed.

Here is the good news. Marriages change one small step at a time, and you can take the first step today. You do not need your spouse to agree before you begin.

This guide is short on purpose. Read one step a day. Do the action at the end of each step. Then watch what changes.

If you are in danger: if you or your children are being hurt or threatened, your safety comes first. Call 911 in an emergency, or call the National Domestic Violence Hotline at 1-800-799-7233.

The foundation: prayer, Scripture and walking in the Spirit

Everything in this guide rests on three things: prayer, Scripture, and walking in the Spirit. The steps that follow are not ways to fix your spouse. They are ways to let God change you.

Prayer. Bring your marriage to God every day, before you bring it to your spouse.

> *"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God."*
>
> PHILIPPIANS 4:6

Scripture. Read the verses in each step slowly and ask what God is saying to you. Remember, Scripture is meant to affect you, not someone else. Scripture is not to be weaponized against your spouse.

> *"But be ye doers of the word, and not hearers only, deceiving your own selves."*
>
> JAMES 1:22

Walking in the Spirit. You cannot be patient, kind and gentle in your own strength. Ask the Holy Spirit to produce His fruit in you, one day at a time.

> *"This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh."*
>
> GALATIANS 5:16

> *"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law."*
>
> GALATIANS 5:22-23

Each day, pray first, read that step's Scripture for yourself, and then take the step.

STEP 1:

Start with yourself

When a marriage is struggling, it is natural to make a list of everything your spouse is doing wrong. That list may even be accurate. But it will not change your marriage.

> *"And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye?"*
>
> MATTHEW 7:3

The only person you can change is you. When one spouse changes how they act, the whole relationship has to respond.

DO THIS TODAY:

Before you say anything to your spouse, pray and ask God to show you where you have been wrong. Write those things down, and leave off anything your spouse has done. You will need this in Step 4.

STEP 2:

Stop the same fight from repeating

Most couples do not have a hundred different fights. They have the same fight a hundred times. Voices rise, old issues come up, and both people leave hurt.

> *“A soft answer turneth away wrath: but grievous words stir up anger.”*
>
> PROVERBS 15:1

> *“Be ye angry, and sin not: let not the sun go down upon your wrath.”*
>
> EPHESIANS 4:26

You can break the cycle by deciding ahead of time how you will answer when things get tense.

DO THIS TODAY:

The next time a conversation turns sharp, answer softly instead of matching your spouse’s tone. If it keeps getting worse, say honestly, “I don’t want to fight with you. Can we finish this after dinner?” Then come back to it the same day.

STEP 3:

Listen to understand

Many arguments are two people talking and nobody listening. Each person is waiting for their turn to speak.

> *"Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath."*
>
> JAMES 1:19

DO THIS TODAY:

Ask your spouse what has been hardest for them in your marriage lately. Let them finish without interrupting or defending yourself. Then thank them for being honest with you.

STEP 4:

Ask forgiveness, and give it

Hurt that is never dealt with turns into distance. Forgiveness is how two people start over.

> *"And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."*
>
> EPHESIANS 4:32

Asking for forgiveness well is simple. Name what you did. Do not add "but" or explain why. Then ask.

DO THIS TODAY:

Take your list from Step 1. Go to your spouse and say, "I was wrong when I ___. Will you forgive me?" If your spouse asks you for forgiveness, choose to give it, even if your feelings take longer to catch up.

STEP 5:

Bring back kindness

Early in a marriage, kindness comes easily. Over time, it often gets replaced by criticism and silence. Kindness can be rebuilt on purpose.

> *"Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil."*
>
> 1 CORINTHIANS 13:4-5

> *"Death and life are in the power of the tongue."*
>
> PROVERBS 18:21

DO THIS TODAY:

Look for ways to serve your spouse this week without being asked. Thank them for something specific. Speak well of them to others, especially in front of your children.

STEP 6:

Make time for each other again

Busy schedules, kids, and screens slowly push a husband and wife apart. You cannot grow close to someone you never talk to.

> *"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

DO THIS TODAY:

Spend time with your spouse tonight without phones or the TV on. Talk about your day, not your problems. Make regular time together a priority again, the way it was when you were first married.

STEP 7:

Don’t do this alone

God never meant for a marriage to stand on its own. A marriage grows stronger when God is at the center of it and other believers are around it.

> *“And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken.”*
>
> ECCLESIASTES 4:12

> *“Bear ye one another’s burdens, and so fulfil the law of Christ.”*
>
> GALATIANS 6:2

Pray together, even if it is only one sentence. Get involved in a church that teaches the Bible. Talk with a pastor who can walk with you through the hard parts.

DO THIS TODAY:

Pray for your spouse every day this week. If they are willing, pray together. Then plan to be in church together this Sunday.

Your 7-day plan

Start each day with prayer and that step's Scripture, read for yourself.

- [ ] **Day 1:** Pray and write down where you have been wrong (Step 1)
- [ ] **Day 2:** Answer softly when things turn sharp (Step 2)
- [ ] **Day 3:** Ask what has been hardest for your spouse, and listen (Step 3)
- [ ] **Day 4:** Ask forgiveness for one thing you wrote down (Step 4)
- [ ] **Day 5:** Serve your spouse without being asked (Step 5)
- [ ] **Day 6:** Spend time together with the phones and TV off (Step 6)
- [ ] **Day 7:** Pray for your spouse, and plan to be in church together (Step 7)

Where to go from here

If you would like someone to talk to, we would be glad to help you connect with a Bible-believing pastor near you. Reply to any of our emails or use the link at the bottom of this guide.

Connect with a pastor near you: thewayhelp.com/pastor/



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