



SPIRITUAL STEPS FOR GREAT RELATIONSHIPS

Spiritual step number one) Connect as a couple with God. First thing in the morning, and last thing at night pray to God together. Make God an active part of your daily relationship, to place it on a firm foundation of spirituality.

Spiritual step number two) Connect as a couple with each other. 10 second kisses. Pillow talk. Quality time. A relationship is relating. Increase your daily positive communication. 7 second rule.

Spiritual step number three) Connect as a couple through compliments and praise. Pay one new compliment to your partner per day. No criticism allowed. A person does not fall in love with you, they fall in love with the way “they feel” when they are with you.

Spiritual step number four) Expect only from God, cancel silent expectations of partner. Give unconditional love.

Spiritual step number five) Stop the “PRK’s!” Potential Relationship Killers. Bible it for 30 days.

Spiritual step number six) A formal statute of limitations.

Spiritual step number seven) Argue with a win-win attitude.

Spiritual step number eight) Become very serious about play and laughter. Play with your significant other three times every week. Wake up every morning and ask God, "What can I do to make my relationship better?"

Spiritual step number nine) Time together and time apart. Secluded quality time once a week, have a date night without the kids, communicating only about the two of you. Once a month, a full day of secluded quality time for just the two.

Spiritual step number ten) 110 % commitment and surrender of BOTH individuals to your love.