

Spiritual Tip

Communication With God Helps Communication With My Spouse

By Gary Chapman

The fundamental building block in any relationship is conversation - two-way communication. I share my ideas and you listen. You share your ideas and I listen. The results? We understand each other.

Continue conversation over a period of time and we get to know each other. Why then is communication so difficult? Why do 86% of those who divorce say, "The main problem was, we got to a place where we just couldn't talk"?

I want to suggest that one of the problems is that we stop talking to God long before we stop talking to each other.

If I'm talking with God daily, He will be influencing my thoughts and attitudes toward my spouse. God has clearly said that He wants to make me more and more like Jesus. When I cooperate with the process, my communication with my wife flows pretty smoothly.

When I get my wires crossed with God, then my attitudes toward my wife begin to change.

I'm convinced that many of the communication problems in marriage would fade away if I spent more time talking and listening to God.

Article written by Dr. Gary Chapman. Based on the book, **The Marriage You've Always Wanted**.

Parenting Tip

Parenting Style Has Major Impact On Teen Auto Accidents

From State Farm "News & Notes"

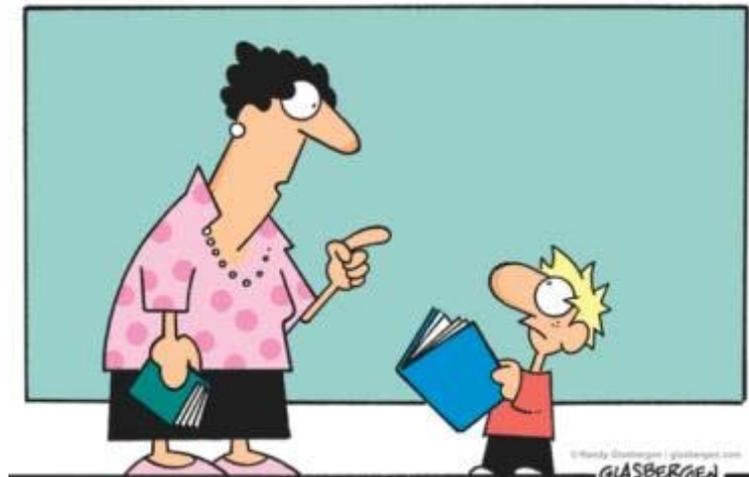
Recent research from State Farm and The Children's Hospital of Philadelphia shows that teen crashes and risky driving behaviors strongly correlate with their relationship with their parents.

Risky driving behavior such as cell phone use, failure to wear seat belts, and drinking and driving are strongly linked with the way teens and parents communicate and approach rules about safety.

The study was based on the nationally-representative National Young Driver Survey of more than 5,500 teenagers.

Results found that teens whose parents set clear rules, paid attention to where they were going and whom they were with, and did so in a supportive way, then those children were:

- Half as likely to have a crash
- Twice as likely to wear seat belts
- 71 percent less likely to drive while intoxicated
- 30 percent less likely to use a cell phone while driving



"It's called 'reading'. It's how people install new software into their brains"

Marriage Tip

Top 10 Things Wives Want From Their Husbands

By Sheri & Bob Stritof,
About.com Guides

In no particular order, here are ten things that many wives often want from their husbands. Ask your wife which are her most important "wants" from this list.

Note that these are "wants" -- not emotional needs. As individuals, we are each responsible for filling our own emotional needs.

We believe that the four basic emotional needs are the need to be loved and to love; the need to belong; the need for a good self-image; and the need for autonomy.

What Women Want From Marriage

1. Telling Her Daily That She Is Loved

Everyone wants to be affirmed. Everyone wants to know they are loved. The best ways to say "I love you" are usually in simple, every day, seemingly unimportant ways like an unexpected hug or holding hands when you walk together.

2. Understanding and Forgiveness

There will be days when your wife will make mistakes or when she will be difficult to be around. No one is perfect. She both wants and deserves your willingness to understand and forgive her. Remember that no relationship can be sustained without forgiveness.

3. Conversation

Don't let your conversations with your wife dwindle to nothing but talk about your kids, your jobs, and the weather. If that happens, your marriage relationship could be in real trouble.

4. Willingness to Make Time for Her and Your Children

Having quality time with your wife and kids isn't something that just happens. You have to make it happen by not only making the plans but by following through. Time with those you love has to be a high priority for you.

5. Saying "Yes" More Than Saying "No"

Habitual negative responses to your wife and kids can push them away from you. Think twice before saying "no" and you will be surprised at how saying

"yes" can improve your relationships.

6. Listening Well

It's really disheartening for a wife to share her thoughts and feelings with her mate and then realize that he didn't actually listen to her. Your wife wants you to not only listen with your ears, but to listen with your heart.

7. Affection and Kindness

How often do you say "please" or "thank you" or give your spouse an unexpected kiss? Unfortunately, some married couples forget that being kind and affectionate to one another are keys to a successful marriage.

8. Sharing Household and Child Rearing Responsibilities.

One of the main reasons couples fight is conflict over who is doing what around the house. Chores and child care are not the sole responsibility of your wife. She shouldn't have to ask you to do your share around the house.

9. A Day Off Now and Then

Don't fuss about your wife taking a day off several times a month. This means that she will be free from worrying about what is

happening with the kids, the house, the pets, and you. She deserves this break in her schedule and she needs to provide it for herself to be emotionally and physically healthy.

10. Commitment to Take Care of Yourself Both Physically and Emotionally

Many men are notorious for not taking care of themselves when it comes to health issues. This isn't fair to your wife. She is your lover not your mother. Take responsibility for your own health concerns.

Compliments of the District 1
Marriage and Family Ministry,
FFWPU

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