



with you always



Devotional Series

North River Marriage Weekend

Greetings Young Folks

Greetings young folks...I can say that to probably anyone on the retreat:)

I love my wife, don't think that is a surprise to any of you. We've been married 52 years, raised three children and several foster children in our home. Raising children is the most challenging thing you will ever attempt...most rewarding and most fun, but very challenging. You will fail at parenting, and often at being a great husband or wife; don't let that impede or deter you, it's God's plan for you to invest your lives into being really happy as a married couple and as a family. Solomon writes, there is nothing better under the sun..."So I commend the enjoyment of life, because there is nothing better for a person under the sun than to eat and drink and be glad. Then joy will accompany them in their toil all the days of the life God has given them under the sun. - Ecclesiastes 8:15

Jesus loves the church, gave his life for the church, the church is "his bride"; guess what, your family is the role model for the church. Is that scary or what?? He wants the church to be like a family. He wants your family to be the best experience of your life...your family being wonderful will require a lot of work, love and forgiveness, same for building the church, I will make a point below: "the church, the body of Christ, is very important, but don't ever let the church be more important than your family...the best thing we do for building the church is to love our family and make our family wonderful".

I once told Jordan Massey, "if you mess up in your ministry role I will disciple you, if you mess up your family I will beat you with a stick"...Jordan replied, "I will get the stick for you brother".

I don't beat people. Jordan knew what I was saying, he gets it, i hope you do. Each of us should lead our family to live like Jesus, build up the body of Christ (Ephesians 4:11-16), building a loving and godly marriage and family is how we do this best.

Here are some bullet points, ideas for you. We love you - Jack & Gail Frederick

1. plan/enjoy meals together; family dinner every day should be a priority.
2. pray together
3. go to bed together, don't have a different schedules (if possible)

4. have married sex, often, delight in the wife of your youth. wives, be happy you are delighted in, delight in the husband of your youth.
5. teach your children to memorize bible verses...our kids learned 50 verses while they were age 2... mom & dad learned these verses with them...it's not about being smart, it's about practice and devotion.
6. develop friendships with whom you can be honest, men/men, women/women, couples together; settle for nothing less, discipling is biblical and wise.
7. find older couples you trust, seek their input serve them, invite them into your lives, tak them for a meal together. most old couples don't eat much, at least we don't. It is a sacrifice for us (Jack & Gail) to go out with anyone, we like being home together, but we ar willing if you make it a priority in your lives.
8. love one another
9. love your children
10. honor your father and mother (Ephesians 6:1-4); this may be difficult...my dad left when was 2 years old, left mom w six boys to raise, I was the only nice one. He pulled a gun on me when I was in college. I had to work on this long after he died by suicide, to learn to honor him.
11. make disciples together (Matthew 28:18-20), your children will learn from you (and teach you)
12. don't let your job become more important than your family.
13. don't let the church become more important than your family.
14. don't let the kids become more important than your husband or wife, he/she will be with you when the kids are grown. Kids are important...God, spouse, kids...God's priority.
15. Happy to respond to questions...message or call - Jack 712-710-9370 jfrederic1@aol.com

Who We Are

Luke 18:18-20

¹⁸ A certain ruler asked him, "Good teacher, what must I do to inherit eternal life?"

¹⁹ "Why do you call me good?" Jesus answered. "No one is good—except God alone. ²⁰ You know the commandments: 'You shall not commit adultery, you shall not murder, you shall not steal, you shall not give false testimony, honor your father and mother.'"

This is a story about who we are; more specifically, about "whose" we are. We're made in God's image, and function best when we are imitating Him. The more we imitate Him, leaning into our real identity, the more of His goodness we reflect. But imitation takes PRACTICE. Goodness is God's natural state, not ours. While we're capable of it, we must work at it to truly embody it. A key point here is that no one is naturally GOOD at things: including being a "good" marriage partner. Some, because of their temperament, their upbringing, or what they have practiced may be more prepared, but all of us need to put in the effort. I, John, am still learning how to communicate effectively with my spouse. My wife, Vivian, excels at expressing emotions, while I'm more logic-driven (having grown up in a family where emotions weren't often shared). I'm working through my emotional triggers and unhelpful patterns with support, advice, and practice. Marriage is a work in progress; we can always improve. No one is stuck being bad at it. Jesus encourages us to focus on how we can improve and promises He'll help us along the way.

Luke 18:21-22

²¹ "All these I have kept since I was a boy," he said.

²² When Jesus heard this, he said to him, "You still lack one thing. Sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me."

This story has a practical side: what you put in is often what you get out. Jesus challenges this man to reflect on where he's investing his time, effort, and focus. If we pour all our attention into career, parenting, entertainment, or hobbies (things that are good and necessary in moderation), but neglect the relationship itself—being present, speaking kindly, showing appreciation, having patience, and making time for quality moments—the relationship won't thrive. But with effort and practice, you can grow into a better partner and even repair any damage that may have been done.

John and Vivian Hanes

What's In A Name?

In Mark 10:46 we read the story of Blind Bartimaeus. Now before you shut me down thinking you have heard this story a 1000 times and every angle maybe I have a different look. Bar typically was a precursor to the Fathers name. Bartimaeus was, "son of Timaeus". BarCharles would be my name as I am the son of Charles. So who was Timaeus? As of this second I do not know. My research does not give me any definitive answer. Honestly, what I have found is not important. What is important God thought it was significant enough to lift Timaeus up. Bartimaeus could have just called him the blind guy. The bible did that other times, the sinful woman, the leper, the man with a shriveled hand. Not good enough, God wanted us to know it was Timaeus' son. There was a reason. It was significant to God.

I am just a person. There is nothing special, unique or noteworthy about me, but God makes me significant and that is all that is important. My name, BarCharles, is written in the book of life. God has a significant role for my life. My marriage to the angelic Cindy, in the big scheme of things, is not unique or newsworthy according to the world's view but God has made it significant and world changing. I do not know all the significance that God has defined for my marriage but God made this marriage and it is significant. God has brought you and your spouse together, do not take that lightly. It is significant.

Timaeus and his wife had a son who became blind who eventually changed Billions of people's lives. Timaeus and Mrs. Timaeus' union was ordained by God for a reason. 20 years ago Cindy and I moved from St. Louis to Atlanta. We had no clue of the great ways God would use us and bless us. Recently we moved from Gwinnett County to Cartersville. It has its scary moments but I know this move is led by God. I have no idea what will happen but I know there is a reason. You and your spouse are together for a reason. God is setting up the places and times for you and your spouse to be used by him in a significant way. You may not know the path but hold on, it will be significant.

Timaeus and his wife had a son who's journey would end up face to face with Jesus and inspire people for all time. My marriage and your marriage are ordained by the Father for a specific and significant reason. Get ready and enjoy the honor God has bestowed on you and your significant other.

Jim Albert

What Does “Always” Mean to Us?

“Always” sounded beautiful when we whispered it at the altar, full of candlelit promises and dreamy-eyed commitment. Fast forward 32 years, and to us “always” looks more like surviving morning breath, debating thermostat settings, and wondering why a grown man can’t land his clothes **in** the hamper when it’s two feet away. (Gravity is real, Joe.)

We’re still figuring each other out, still learning how to love better, and still convinced that **marriage is both the best adventure and the wildest test of patience**—especially when you add kids, careers, extended family, shared finances, and dogs who get more affection than either of us on stressful days.

Marriage has a way of exposing all your quirks. I overplan. He “trusts the process” (which is code for *I forgot*). I like a clean kitchen. He believes in “creative chaos.” Somehow, God looked at the two of us and said, *Yep, they’ll figure it out*. And, by His grace, we have.

The Good, the Hard, and the “What Did I Just Sign Up For?”

On the good days, marriage is **unmatched teamwork**—inside jokes that make the kids groan, late-night snacks, and someone who knows exactly how you like your coffee. It’s **sharing life with your best friend**, even when your best friend snores loud enough to wake the neighbors.

On the hard days? “Always” feels like a cruel joke. It’s **choosing patience when stress makes you snappy**. It’s parenting together when you completely disagree on the approach. It’s **realizing love isn’t a feeling—it’s a decision** you make, even when you’re exhausted, annoyed, or debating whether the other person should be allowed to touch the budget spreadsheet ever again.

And yet, God calls us to a love that endures. **Marriage isn’t a contract with loopholes—it’s a covenant.**

- *“Be completely humble and gentle; be patient, bearing with one another in love.”* – Ephesians 4:2
- *“Above all, love each other deeply, because love covers over a multitude of sins.”* – 1 Peter 4:8

Questions to Reflect On Together

1. What’s one way I can love you better in this season of life?
2. When was a time you felt truly seen and appreciated by me?
3. What’s one challenge we need to face together instead of letting it divide us?

32 years in, we're still in it to win it. **We don't always get it right, but we refuse to quit.** And that, friends, is the secret—not perfection, but choosing to lean into the beautiful, messy, God-ordained experience of marriage.

Just as Stevie Wonder says in the song "As":

Always

(Until the ocean covers every mountain high) always

(Until the dolphin flies and parrots live at sea) always

(Until we dream of life and life becomes a dream)

The word "always" can fill you with the strength of assuredness that endears—or it can fill you with an inescapable dread of never being able to flee. **But when "always" is anchored in God's love, it becomes something unbreakable, something worth fighting for.**

— Joe & Lisa

Love Is Like a Jamaica Honeymoon

1 Corinthians 13:4 Love is patient, love is kind....It always protects, it always trusts, always hopes, always perseveres.

We spent an incredible week in Jamaica for our honeymoon back in 1993. I remember thinking, THIS is

what love is all about. My new incredible partner, great weather, great food, no worries, and no problems. Surely, our life will be like this all of the time.

Love is easy when life is like a Jamaica honeymoon, wind in your sails, warm sand between your

toes. If life was like this all the time, Love is EASY! Fast forward to 2008, we had two children of our

own (one showing signs of a yet to be diagnosed mental health challenge) and we had left the full-time

ministry to pursue new careers. I was in the loan origination business; Ashley began teaching elementary school and the subprime mortgage crisis occurred on a national level. I had chosen to go "all

in" with real estate, originating loans and owning multiple properties. When the crash happened, within

a matter of weeks, my income had dropped to virtually zero, the value of our properties started to

plummet, and cash was going out the door at a record pace. Matthew 7:25 had officially come true to our

lives, "The rain came down, the streams rose, and the winds blew and beat against that house". I recall

thinking and asking myself, "What have I done? How could I have gotten our family into this mess? Will

this diminish or stop Ashley's love for me? Can she trust me? This was a painful season.

Life gets REAL, like really fast, when you're faced with these kinds of tests. When things finally came to a head, my conversation with Ashley went something like this, "Hey babe, here is where things

are now, I think our best course is filing bankruptcy. That means losing our homes and having to move,

etc." I couldn't believe I was having to say these words. We declared bankruptcy, just about lost

everything, and moved out of the family home into a rental. Our love was put to the test. Will we be

patient, kind, and continue to trust each other? Will this record of wrong be replayed repeatedly?

I don't remember her exact words, but I do remember her demeanor and attitude. It was, "Ok. I

love you; I am with you, I trust you, what are our next steps together? I am keenly aware that this

could have gone in a completely different direction. This "beating against our house" could have caused

our marriage to fall with a great crash. I thank God every day that we had built our marriage like the

wise man in Matthew 7 who put the words of Jesus into practice. "The winds blew and beat against that

house, yet it did not fall because it had its foundation on the rock".

This wasn't the first test in our marriage and I am confident it will not be our last. And whether the

wind is in our sails, or we are facing new challenges, we have learned a few things about love.

Love Always Rebuilds: Lives have many different seasons. Things will change. When change comes, you

must recognize the reality that the life you once had is no more. Whether it is having children, moving to

a new city, going back to school, facing illness or other hardship, these changes (welcomed or uninvited)

put a period on your former season of life. The great news is that this opens a door to a new life that you

get to create with your spouse. When something is over, look at your spouse and say, "I love you, I am

all in with you, let's build something new together". New is awesome!

Love is a CHOICE & an Action: I am confident that there were MANY times that Ashley wasn't "feelin it".

I have done some unlovable things and acted unkindly. God's love is not based upon a situational feeling

because of the way we respond to Him. God chooses to love, trust, be patient with and protect us. We

are called to love each other the way God loves us. And love in a marriage is a conscious daily decision

paired with action, "falling out of love" isn't something that "just happens", but a result of inaction and

neglect. Decide today to be kind, to be patient, to protect, to trust when it is difficult. Decide to love like

God loves. "Dear friends, since God so loved us, we ought also to love one another." 1 John 4:11

Jeff Reese

With You Always

Great Expectations

Colossians 3:1-12

What was your expectation of marriage? How did you picture the various stages of life with a partner? Whether you have been married 30 days or over 30 years, the reality of marriage and its various life stages rarely match our expectations. This is both thrilling and disappointing.

1. **“Set your minds on things above, not on earthly things.” (vs. 1-2)** If we are honest, our expectations are formed by the relationships we see both real and fictional. As a young person, I was afraid of marriage because my expectation was that I would lose myself, give up control, and admit that I needed someone. I did not want (or need) a handsome prince to rescue me because I looked good in a ball gown, loved animals and could sing well. Instead, I envisioned breaking through cultural norms to use my wit, strength and fighting skills to save my family (thanks Disney).

What is God’s intention for and expectation of marriage? **Gen.2:18**, a relational Creator made us to excel when in relationship; **Eph. 5:21-33** marriage is meant to purify us, mirror Christ’s love for the church and point the way. I find that my mind needs constant redirection to a spiritual way of thinking. *Are you clinging to any earthly expectations in your marriage? Discuss this together.*

2. **“your life is now hidden with Christ in God” (vs.3-4)** These verses state that Christ is our life. He is the one who brings true fulfillment and satisfaction. This is contrary to the earthly thinking that my partner can and should meet all my needs if he/she truly is “the one”. Many times, when I am frustrated or disappointed with my husband, my expectations of him are unrealistic. I must realize that I have put him in a position that is meant for God. *Have you held, or do you currently hold any unrealistic expectations for your spouse? Discuss this together.*

3. **“Do not lie to each other, since you have taken off your old self” (vs.9-10)** Complete honesty with your partner is a form of humility. It means exposing yourself, being completely vulnerable, and running the risk of being rejected or disappointed. On the other hand, we all desire to be fully seen and fully loved by our spouse (as we are with God), and we cannot achieve one without the other. This is intimacy. My husband is so much better at this than I am! When we were dating, he gave me a large “A” cut from his company stationery, listing all the reasons I was “A-mazing.” I pictured him sitting in his office in his starched suit and tie working on this craft. I was drawn to the way he put himself out there. Earthly thinking may say that my partner should always be able to finish my sentences. If he is my soul mate, he will just know what I need, like, want, etc. These are the uncommunicated expectations, and we often don’t realize we have them until they go unmet. *When is the last time you “put yourself out there” to your spouse? Discuss some dreams, hopes, desires or needs you have been holding back.* Though daunting, practicing vulnerability is essential to maintaining intimacy in your marriage.

In conclusion, read **vs.12-14** and *consider all the ways in which your partner has met and exceeded your expectations in these areas. Share your appreciation for each other.*

Ashley Reese

Priscilla and Aquila

Please read Acts 18: 1-4, 18-26, Romans 16:3-5, 1 Corinthians 16:19 and 2 Timothy 4:19

I get so inspired as I read about couples in the bible and how I can learn from them. As I read through the above passages about Priscilla and Aquila, I noticed that every passage was about both of them together. Not just Aquila and not just Priscilla.

Paul went to see **them**

They both heard Apollos speaking

They explained the gospel more adequately.

Greet **Priscilla and Aquila**, my fellow co-workers.

The church that meets at **their** house.

Priscilla and Aquila went with Paul

They invited Apollos to **their** home.

They risked their lives.

Priscilla and Aquila were a team. They worked together to make tents and they shared the gospel together with Apollos. If you look at the way their names were written, it shows that they were a team. Priscilla and Aquila were written 4 times and Aquila and Priscilla were written 2 times. This is significant because the man is usually always first. So this shows that Priscilla is just as important.

When Jim and I were first married, we played a lot of games together. Ms. Packman, Galaga, Hearts, Rummy, etc. Jim usually won. On a rare occasion **would I win**. Jim was just really good and he was competitive. But, I started to get insecure. "I am so bad at games. I always lose. Why would anyone want to be my partner? I am such a failure. What can I do to beat Jim." We were not working as a team because I was so insecure and did not think I could be a team with Jim.

Well, suffice it to say, I got more and more angry and unhappy. I had to really look at my heart because I was not being a team player with Jim. I was comparing myself to Jim and not just having fun. There is a saying, Comparison is the robber of all joy. This is so true. When I started comparing myself to Jim, I felt like a loser and that I had nothing I did well.

This also led to competing in life. He was always right and I was usually wrong. He had better ideas than me. I was not good at anything and Jim was good at everything. He does not need me. I am just here to take care of the kids. And oh yes, he was good with the kids better than me. Our minds can take us down deep holes of sin. We were not a team because I was making it a competition of who was right and who was wrong. I was out of control.

Have you ever felt this way? Out of control of your thoughts and feelings? God wants us to be a team. I had to deal with my insecurities with God before we could ever work as a team. I had to see how God views me and not how I viewed myself. How does God view me?

God **chose** me

Isaiah 43:1

God is **with** me

Isaiah 43:4-5

God **rejoices** over me in song
God **sees** me

Zephaniah 3:17
Genesis 16:13

What I am learning is when I put my focus on me, and not our marriage, I become self centered, focused on me which leads to insecurities in my marriage and my God. These insecurities build walls, traps and distance in my marriage and my relationship with God. As I am growing in focusing on marriage as a team, I am so much more secure, happy and thankful.

Cindy Albert

50 Ways to Love Your Wife, Her Way

1. Communicate with her; never close her out.
2. Regard her as important.
3. Do everything you can to understand her feelings.
4. Ask her opinion frequently.
5. Value what she says.
6. Let her feel your approval and affection.
7. Protect her on a daily basis. Be gentle and tender with her.
8. Develop a sense of humor.
9. Avoid sudden major changes without discussion and without giving her time to adjust.
10. Learn to respond openly and verbally when she wants to communicate.
11. Comfort her when she is down emotionally. For instance, put your arms around her and silently hold her for a few seconds without lectures or put-downs.
12. Be interested in what she feels is important in life.
13. Correct her gently and tenderly.
14. Allow her to teach you without putting up your defenses.
15. Make special time available to her and your children.
16. Be trustworthy.
17. Compliment her often.
18. Be creative when you express your love, either in words or actions.
19. Let her buy things she considers necessary.
20. Be forgiving when she offends you.
21. Show her you need her.
22. Accept her the way she is; discover her uniqueness as special.
23. Admit your mistakes; don't be afraid to be humble.
24. Lead your family in their spiritual relationship with God.

25. Allow your wife to fail; discuss what went wrong after you have comforted her.
26. Rub her feet or neck after a hard day.
27. Take time for the two of you to sit and talk calmly. Go on romantic outings.
28. Write her a letter occasionally, telling her how much you love her.
29. Surprise her with a card or flowers.
30. Express how much you appreciate her.
31. Tell her how proud you are of her.
32. Give advice in a loving way when she asks for it.
33. Defend her to others.
34. Prefer her over others.
35. Do not expect her to do activities beyond her emotional or physical capabilities.
36. Pray for her to enjoy God's best in life.
37. Take time to notice what she has done for you and the family.
38. Brag about her to other people behind her back.
39. Share your thoughts and feelings with her.
40. Tell her about your job if she is interested.
41. Take time to see how she spends her day.
42. Learn to enjoy what she enjoys.
43. Take care of the kids before dinner.
44. Help straighten up the house before mealtime.
45. Let her take a bubble bath while you do the dishes.
46. Understand her physical limitations if you have several children.
47. Discipline the children in love, not anger.
48. Help her finish her goals — to pursue hobbies or education or career.
49. Treat her as if God had stamped on her forehead, "Handle with care."
50. Get rid of habits that annoy her.

A 30-Year Journey of Love: Building a Marriage God's Way

Marriage is a beautiful adventure, but it's also full of challenges. After 30 years of marriage to my best friend, Kristina, I've had the privilege of experiencing both the highs and the lows. We've navigated countless adventures, faced disappointments, and fought battles that seemed impossible to win. Yet, through it all, one thing stands out above all else: Godly love must be at the center of our marriage.

Galatians 5:22-23 (MSG)

"But what happens when we live God's way? He brings gifts into our lives, much the same way that fruit appears in an orchard - things like affection for others, exuberance about life, serenity. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely."

When we choose to live God's way, He doesn't just bless us with His presence—He gifts us with the qualities that build strong marriages: affection, joy, peace, patience, compassion, and steadfast commitment. And these gifts are all expressions of God's love in our lives.

A Time of Struggle: Learning to Trust

There have been seasons in our marriage when these gifts felt distant. One particularly tough time came when our son was born, and we were faced with a huge decision. Tim was offered a position in Hawaii, and while the idea of moving to such a beautiful place might seem like a dream, I was terrified. I didn't want to move, I didn't want to raise a newborn in a place where I knew no one, and I felt like my concerns weren't being fully heard. We argued, prayed, and eventually, I reluctantly decided to trust that God was guiding Tim's heart toward this opportunity.

But the bitterness I felt didn't disappear just because I followed God's lead. Our move to Hawaii was challenging. We had a newborn with colic, no close friends around, and a work environment that didn't understand the struggles of new parents. I turned inward, blaming Tim and distancing myself emotionally. I wasn't living God's way. I was living in my own frustration and trying to deal with it on my own.

But God's faithfulness didn't leave us. Over time, through prayer, reflection, and leaning on God, we grew stronger. We learned how to love each other even when we didn't feel like it, and we found that God's love could fill in the gaps where we lacked.

It was in those hard times that we learned how to rely on God's strength to help us love and support one another.

The Power of God's Love in Marriage

Years later, we were faced with another difficult decision—this time about moving to Guam. I didn't even know where Guam was! It felt like a step into the unknown, and once again, I had to confront my own doubts and fears. But this time, I chose to trust God completely, as Proverbs 3:5-6 (TPT) teaches us to.

Through this decision, we learned how to make God the center of our marriage. Our time in Guam became one of the most rewarding periods in our relationship. We were able to weather two major natural disasters that devastated the island—times when only God's strength could carry us through. We learned to trust one another more deeply, even when we were stretched thin by external challenges. And we discovered that God's love was not only the foundation of our marriage but also the key to making it through every storm.

Are We Living God's Way in Our Marriage?

In Galatians, we see that when we live God's way, we experience fruit—love, joy, peace, patience, kindness, and all the things that build strong relationships. But are we allowing those gifts to flow freely in our marriages?

Do we see our spouse as a precious gift from God? Do we cherish them, not just as a helper or a partner, but as someone with whom we are on a shared spiritual journey? This perspective changes everything.

Think about the fruits of a God-centered marriage:

- Affection for each other—Do we still hug, kiss, and express love daily?
- Exuberance about life together—Are we working together toward common goals and celebrating each other's victories?
- Serenity—Is our home a peaceful place where we feel safe to be ourselves, flaws and all?
- Willingness to stick it out—Are we willing to see things through, even when the going gets tough?
- Compassion—Are we quick to listen and understand each other's hearts, or are we more focused on fixing problems?

I've learned the importance of listening to Kristina instead of always trying to fix things. In marriage, there are times when the most loving thing you can do is simply listen as James 1:19-21 says.

Rebuilding What's Broken

Are there areas in your marriage where you've stopped trying? Maybe it's communication, intimacy, or even forgiveness. Don't let those walls stay up. Take time this week to sit down with your spouse, ask open questions, and pray together for God to rebuild the broken areas. Ask God to help you show each other the love that reflects His goodness.

Conclusion: Living God's Way

Kristina and I have learned through the years that a marriage centered around God's love is the key to enduring through any challenge. God's love empowers us to keep going, even when we're tired, frustrated, or disappointed. His love fuels our commitment to each other, and it's that love that allows us to grow together in ways we never thought possible.

Marriage isn't always easy, but when God is at the center, it becomes a journey worth taking. Trust Him in every decision, love your spouse with the gifts He's given you, and watch your marriage grow stronger each day.

Take a moment this week to reflect on the gifts of God's love in your marriage. Let that love guide you through both the good and the difficult seasons. And together, walk forward hand in hand, trusting that God is leading you every step of the way.

Tim and Kristina Wells

Marriage Checkup Quiz

(write a Y or N after each question)

1. Do you make your wife feel good about herself?
2. Do you value the same things in your wife that you value in yourself?
3. Does your face spontaneously break into a smile when you see your wife?
4. When you leave the house, does your wife have a sense of well-being, having been nourished by your company?
5. Can you and your wife tell each other honestly what you really want instead of using manipulation or games?
6. Can your wife get angry at you without your thinking less of her?
7. Can you accept your wife as she is instead of having several plans to redo her?
8. Is your behavior consistent with your words?
9. Do your actions show you really care for your wife?
10. Can you feel comfortable with your wife when she's wearing old clothes?
11. Do you enjoy introducing your wife to your friends or acquaintances?
12. Are you able to share with your wife your moments of weakness, failure, or disappointment?
13. Would your wife say you are a good listener?
14. Do you trust your wife to solve her own problems?
15. Do you admit to your wife you have problems and need her comfort?
16. Do you believe you could live a full and happy life without your wife?
17. Do you encourage your wife to develop her full potential as a woman?
18. Are you able to learn from your wife and value what she says?
19. If your wife were to die tomorrow, would you be happy you had the chance to meet her and to marry her?
20. Does your wife feel she's more important than anyone or anything else in your life other than God?
21. Do you believe you know at least five of your wife's major needs and how to meet those needs in skillful way?

22. Do you know what your wife needs when she's under stress or when she's discouraged?
23. When you offend your wife, do you usually admit you were wrong and seek her forgiveness?
24. Would your wife say you praise her at least once day?
25. Would your wife say you are open to her correction?
26. Would your wife say you are a protector, that you know what her limitations are?
27. Would your wife say you usually consider her feelings and ideas whenever making a decision that affects her or her family?
28. Would your wife say you enjoy being with her and sharing many of life's experiences with her?
29. Would your wife say you are a good example of what you would like her to be?
30. Would you say you create interest in her when you share things you consider important?

If you answered "yes" to 10 or fewer questions, then your relationship is in major need of overhaul.

If you answered "yes" to 11–19 of the questions, your relationship needs improvement.

If you answered "yes" to 20 or more questions, then you're probably on your way to a good, lasting relationship