

FOR COUPLES WHO WANT MORE

6 Ways to Improve Your Marriage, According to the Bible

Six honest, doable shifts that have strengthened marriages for thousands of years — each one with something to try tonight, a prayer to pray, and a reason to give thanks.

Written for couples
figuring it out together

"Two are better than one because they have a good reward for their efforts." — Ecclesiastes 4:9

START HERE

Most marriage advice is either too soft or too preachy.

This is neither. Every couple hits the same handful of walls — talking past each other, letting frustration sit, keeping score, drifting on the things that matter most. None of that means something is wrong with you. It means you're married.

The strange thing is that the oldest book most of us own has been quietly answering these exact problems the whole time — not with shame, and not with a formula, but with a handful of plain ideas that hold up when life gets loud.

A good marriage isn't two people who never struggle. It's two people who keep choosing each other on purpose.

Each of the six that follow comes with the verse behind it, why it matters, one thing to **try tonight**, a short **prayer** you can make your own, and a **word of thanks** to say out loud. Read it together if you can. Pick one to start.

A NOTE ON PRAYER

The Bible says our real fight "*is not against flesh and blood*" (Ephesians 6:12) — which means it was never really against your spouse, either. There are divisive forces that would love to drive a wedge into your marriage, or deepen one that's already there. That's why each of these comes with a prayer. Prayer is how we ask God to "*deliver us from evil*" — including whatever wants to split what He's joined together.

1

COMMUNICATION IS THE WHOLE BALLGAME

Talk about the big things, on purpose

"Can two walk together without agreeing to meet?"

AMOS 3:3 • CSB

Communication is the one skill that touches everything else in marriage, and it almost never happens by accident. Half of it is **listening well** — letting your spouse finish before you defend, asking "what do you mean?" instead of assuming the worst. The other half is **talking about the big things on purpose**, before they become emergencies: money, family, how you'll raise your kids, what you each quietly expect.

Get ahead of the issues you can already see coming. And when you watch another couple handle something badly — an overbearing in-law, a blowup over money — talk about it together and decide how you'll do it differently when it's your turn. The cheapest lessons in marriage are the ones you learn watching someone else.

TRY THIS TONIGHT

Turn the screens off for fifteen minutes and bring up one "big" thing you've both been circling. You don't have to finish it — just start the conversation.

PRAY THIS

God, help us talk like teammates, not opponents — our fight was never with each other. Give me courage to bring up the thing I've been avoiding, and guard our home from anything that wants to keep us silent.

SAY THIS OUT LOUD

"Thank you, God, for a spouse I get to build a life with — especially for". Then tell them that one thing.

2

DEAL WITH IT BEFORE IT ROTS

Don't let your anger spoil

"Be angry and do not sin. Don't let the sun go down on your anger."

EPHESIANS 4:26 • CSB

Notice the verse doesn't say never get angry — anger usually means something you care about got stepped on. The danger isn't the feeling. It's what the feeling *becomes* when you leave it sitting. Anger has a shelf life, and left alone it spoils: "I'm frustrated about this one thing" ferments into resentment, resentment hardens into contempt, and contempt is the thing that actually ends marriages.

"Don't let the sun go down on your anger" is really a warning about spoilage. You don't have to **solve** everything before bed — some things take longer than one evening. But you don't let it sour. Name it while it's fresh, stay tender even when it's unresolved, and refuse to let today's frustration rot into tomorrow's grudge.

TRY THIS TONIGHT

If something's bothering you, say it while it's still small: "Hey — this one thing's been sitting with me." Bring it up fresh, before it has a night to turn.

PRAY THIS

Lord, when I'm angry, keep me from sin and don't let the sun go down on it. Soften my heart about what I'm holding onto before it spoils, and deliver us from the resentment that wants to take root.

SAY THIS OUT LOUD

"Even when we're frustrated, we're on the same team. Thank you for about my spouse." Say it to yourself — then, if you can, to them.

3

THE QUIET ENGINE OF A HAPPY HOME

Outserve each other

"Do nothing out of selfish ambition or conceit, but in humility consider others as more important than yourselves."

PHILIPPIANS 2:3 • CSB

Keeping score feels fair. *I did the dishes twice this week, so it's your turn.* But marriages that run on that math slowly grind to a stop, because both people are waiting on the other to go first.

This verse points the other way: compete to **give** instead of compete to get. When two people are each trying to make the other's day a little easier, nobody's keeping a ledger — and somehow both people end up cared for. It's not weakness, and it's not losing yourself. A home where serving is normal is a home that finally feels like rest.

TRY THIS TONIGHT

Do one thing your spouse usually does — without being asked and without mentioning it. Take the trash out, set the coffee for the morning, handle bedtime. Let it just be a gift.

PRAY THIS

*Father, make me quick to serve and slow to keep score. Show me one way to lighten my spouse's day — especially **where they're carrying the most** — and free me from needing the credit for it.*

SAY THIS OUT LOUD

"Thank you for the ways my spouse already serves me — especially:" *Then thank them for it directly.*

4

STOP CARRYING THE OLD RECEIPTS

Forgive like you've been forgiven

"Be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ."

EPHESIANS 4:32 • CSB

Every couple builds up a quiet archive of old hurts — the comment at the party, the forgotten anniversary, the thing said three years ago. And in a heated moment, it's tempting to pull the whole file out at once.

Real forgiveness is the decision to **stop charging your spouse for a debt they've already apologized for**. It doesn't mean pretending it didn't happen, and it rarely happens in a day. But the standard is both high and freeing: forgive the way you've been forgiven — fully, not held over anyone's head, not saved as ammunition for the next fight.

TRY THIS TONIGHT

Name one old thing you've been quietly holding onto. Decide whether to talk it through once and let it go — or simply release it in your own heart tonight and stop bringing it back up.

PRAY THIS

God, You forgave me everything. Help me release the hurt I keep replaying and stop charging my spouse for a debt You've already cleared. Protect us from the bitterness that wants to keep the wound open.

SAY THIS OUT LOUD

"Thank you for forgiving me — and for the grace my spouse has shown me in _____. " *Let them hear it.*

5

KEEP THE WELL FOR EACH OTHER

Drink from your own well

"Drink water from your own cistern, water flowing from your own well."

PROVERBS 5:15 • CSB

It's old, vivid language for a simple idea: let your husband or wife be the well you drink from — and the only one. In a healthy marriage, the deepest physical and emotional satisfaction has one address. That used to be easier to protect. Now a phone in your pocket offers an endless, frictionless counterfeit — images, comparison, attention from people who aren't your spouse — available any hour of the day.

This isn't about shame; it's about **exclusivity**. Desire follows attention, so guard what you let your eyes and mind feed on. Don't give old flames, easy flirtations, or the glow of a screen a quiet foothold. Aim your affection, your imagination, and your body at the person you married, and keep that part of your marriage rare, exclusive, and entirely yours.

TRY THIS TONIGHT

Have one honest, no-shame conversation about guardrails — where each of you is tempted to drift, and what would actually help (filters or accountability on devices, phones out of the bedroom).

PRAY THIS

Lord, let my eyes and my heart be satisfied at home. Guard me from where I'm tempted to drift, and deliver us from every counterfeit of what You've given us in each other.

SAY THIS OUT LOUD

"Thank you for my spouse, and for the closeness that belongs to us alone — especially ." Say it to yourself, and to them.

6

WHAT HOLDS THE WHOLE THING TOGETHER

Build on the same foundation

"A cord of three strands is not easily broken."

ECCLESIASTES 4:12 • CSB

Two ropes braided together are stronger than two ropes lying side by side. The picture here is a marriage that isn't just two people holding on to each other, but two people held together by something bigger than the both of them.

Couples who pray together, talk honestly about what they believe, and aim their marriage at something beyond their own happiness tend to weather the storms that pull other couples apart. The first five habits get a lot easier when you're not white-knuckling them alone — when there's a third strand running through the marriage. You don't have to have it all figured out to start. You just have to start **facing the same direction**.

TRY THIS TONIGHT

Take two minutes before bed to pray together — even a few honest sentences. If that feels new or awkward, just take turns naming one thing you're each grateful for.

PRAY THIS

God, be the third strand in our marriage. Hold us together when we're weak, and help us face the same direction toward You — especially in the season we're walking through.

SAY THIS OUT LOUD

"Thank you that we don't have to do this alone. I'm grateful for" Then say it to each other.

You don't have to figure marriage out alone.

Six ideas won't fix everything — and they were never meant to. But if even one of them moved something in your home this week, that's not a small thing. That's the start of a habit.

Here's the honest part: marriages don't grow best in isolation. They grow around other couples doing the same hard, good work — and around the One the whole thing was designed by in the first place. That third strand. That's a lot of what we're building.

COMING SOON TO BIG RAPIDS

The Way is a new church launching soon — for people still figuring it out.

We're not open yet. But we're gathering the people who want in early. Join the interest list and you'll be the first to know when and where we launch — plus the occasional honest note worth reading.

[Join the interest list →](#)

Watch your inbox too — over the next few days we'll send a short note on each of these six, one at a time.