

Words That Will Change Your *Marriage*

BY BROOKE AND DARON



**75 Ways to Encourage the One you Love and
Improve Communication in Your Marriage Today**



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"Encouragement is Oxygen to the Soul"

-John C. Maxwell

We believe that one of the greatest gifts that you can give to your spouse is to believe in them and encourage them to be everything that God created them to be. We also believe that this encouragement starts with the words you speak to your spouse. You can either be your spouse's biggest cheerleader or their worst critic, and the choice you make will have a lasting impact on your relationship. The words you speak to your spouse are mighty, and believe it or not, but your words can build up, bless, encourage, and motivate your spouse every day or they can tear down, hurt, and cause horrible scars in a relationship that can be hard to move past.

We've worked hard to put together this Free Encouragement Guide for you to use as a tool to learn How to Cheer On Your Spouse filled with ways that you can encourage the one you love.

We also want you to know that we love you, but more importantly, you have a heavenly Father that loves you and your spouse, and He wants your marriage to succeed more than you know! We're cheering for you and praying for you.

Brooke and Daron

Cheerleader Wife

BY BROOKE

25 WAYS TO ENCOURAGE YOUR HUSBAND WITH YOUR WORDS

1. I love you!
2. You are so handsome.
3. How can I pray for you?
4. I'm so proud of you.
5. Thank you for working so hard to provide for me and the kids.
6. Can I make you coffee? (And don't ask, just do it!)
7. God knew that I needed you as my husband
8. I don't ever want to do life without you
9. You're my favorite person to spend time with...
10. You bring out the best in me.
11. I can't wait to see you and kiss you
12. How can I help you today, this week?
13. You're so smart and I value your opinion
14. You're an amazing dad! or you will be an amazing dad!
15. I believe in you, You can do it!
16. I'm grateful that I can trust you with anything
17. Thank you.
18. Great job!
19. I appreciate all that you have done for me this week.
20. You are wonderful.
21. I'm sorry
22. The best part of my day is when you come home.
23. If I had to do it all over again, I would marry you.
24. I missed you today.
25. You are so strong.

Supporting Husband

BY DARON

25 WAYS TO ENCOURAGE YOUR WIFE WITH YOUR WORDS

1. I love you!
2. You are beautiful
3. How can I pray for you?
4. I'm so proud of you.
5. Thank you for taking care of me and the kids
6. Can I make you coffee? (And don't ask, just do it!)
7. God knew that I needed you as my wife
8. I don't ever want to do life without you
9. You're my favorite person to spend time with...
10. You bring out the best in me.
11. I can't wait to see you and kiss you
12. How can I help you today, this week?
13. You're so smart and I value your opinion
14. You're an amazing mom! or you will be an amazing mom!
15. Thank you for respecting me
16. I'm grateful that I can trust you with anything
17. Thank you.
18. Great job!
19. I appreciate all that you have done for me this week.
20. You are wonderful.
21. I'm sorry
22. Thank you for dinner! That was a great meal
23. If I had to do it all over again, I would marry you.
24. I missed you today.
25. Thanks for your hard work in taking care of the house, how can I help you?

Things to Never Say to your Spouse

Divorce: Never bring this word into your marriage, no matter how upset, angry, or hurt that you might be in the moment.

Always or Never: Absolutes should never be said to your spouse. These words are hardly ever true and they are almost always spoken out of anger and hurt. Stick to the facts and say statements with LOVE.

Shut UP!: This word is just a No, No in a marriage conversation. This word is highly aggressive and is usually spoken out of anger. Replace it with Can you Please be Quiet? This is a calmer way to send the message to your partner.

You're not my mom or you're just like your father: Leave parents out of the conversation. These statements are guaranteed to put your partner on the defensive and hurt feelings.

Stupid, Idiot, Jerk: These types of words should not be used in conversations with your spouse.

Cursing!: This is a big NO in any conversation with your spouse. Train yourself to choose less aggressive and hurtful words when having conversations with your partner.

Things to Never Say to your Spouse

You're Pathetic, Loser, Lazy, Failure: Avoid labeling your spouse when you are dissatisfied with their behaviors. When you put a label on your spouse, he/she will get defensive and these labels will also hurt their feelings.

You have to do this: Relationships are based on mutual respect and couples should never speak to their partners in authoritarian manners. Spouses should choose to help/serve the other spouse and not feel controlled or forced.

I wish I had never married you: Don't bring up feelings of the past or regrets. The truth is that you are married and made a vow and now you must speak words that will move your relationship forward.

Other Phrases to Avoid In Conversation

- I told you so
- It's all your fault
- You should have listened to me
- You got what you deserve
- You're impossible
- I don't why I put up with you
- You're irresponsible
- I don't know how much more of this I can take
- I can never please you
- What's wrong with you?
- God help you, because I can't anymore

Be Patient
Be Gentle
Be Humble
Be Loving

Be Completely humble and gentle; be patient, bearing with one another in love.

Ephesians 4:2-3

Marriage Scriptures

BY BROOKE AND DARON

OUR FAVORITE SCRIPTURES TO PRAY AND SPEAK IN YOUR MARRIAGE

Colossians 3:14: "And over all these virtues put on love, which binds them all together in perfect unity."

Ecclesiastes 4:9: "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone?"

Ephesians 5:25: "For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her."

Genesis 2:24: "Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh."

Ecclesiastes 4:12: "Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

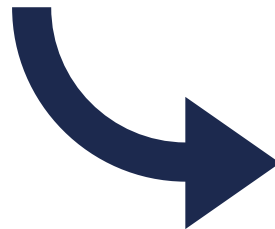
Mark 10:9: "Therefore what God has joined together, let no one separate."

Ephesians 5:25-33: "Husbands, love your wives, as Christ loved the church and gave himself up for her, that he might sanctify her, having cleansed her by the washing of water with the word, so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, ..."



Connect with us!

WE HOPE THIS GUIDE HELPS BRING ENCOURAGEMENT INTO YOUR MARRIAGE! WE ARE CHEERING FOR YOU AND PRAYING FOR YOUR MARRIAGE TO BE STRENGTHENED AS YOU GROW AND DEVELOP IN THE LOVE OF CHRIST. PLEASE LET US KNOW HOW WE CAN PRAY FOR YOU AND SEND US A MESSAGE ON SOCIAL MEDIA @BROOKEANDDARON WE LOVE YOU!



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