

My spouse and I are  
meant for each other.  
It is not a mistake or  
chance that we met  
and became married.  
**Ephesians 1:11**



My marriage is  
not hopeless  
and I am not  
helpless.  
**Matthew 19:26**



My marriage  
is worth  
defending and  
protecting.  
**Hebrews 13:4**



Our love is  
deeper than  
our  
problems.  
**Song of Solomon 6:3**



I will not  
focus on  
my spouse's  
flaws.  
**Ephesians 4:29**



There are more  
reasons to stay  
together than to  
separate.  
**Proverbs 18:22**



I put away  
bitterness  
and choose  
to forgive.  
**Hebrews 12:15**



My spouse  
and I  
are on the  
same side.  
**Ephesians 2:16**



Today I will  
say  
one kind thing  
to my spouse.  
**Proverbs 18:21**



## Instructions for Christian Married Treasure Affirmations

Thank you for downloading these Christian marriage affirmations

The fact that you took the time to get this resource indicates **you are serious** about seeing your marriage problems solved and your marriage strengthened.

There is no right or wrong way to use these affirmations, but here are some suggested guidelines to get the most benefit.

- For best results, either post the whole sheet of affirmations in a prominent place where you will regularly see them, or else cut them into individual cards (card stock works great), then put them in your purse, wallet or organizer so you can have easy access to them throughout the day. Remember, consistency is the key!
- For best results, don't just read them, but really **read** them. Hurrying through your affirmations while scrolling your phone won't work to get these affirmations into your head and heart. Some people find reading affirmations out loud several times each day seems more powerful and helps get them into your mind to begin working and transforming old thought patterns that are hindering your marital progress.
- If you find one or two affirmations that really speak to your situation, focus on these exclusively for the first 7-10 days. One affirmation that takes deep root in your life and bears fruit is worth more than rushing through all of them and just barely scratching the surface of your marital situation.
- When you feel an argument coming on, or your spouse says or does something that is irritating, think of an affirmation that addresses your situation and let it come to the forefront of your mind. Say for example your spouse leaves their towel on the floor rather hanging it up like you've asked a hundred times before. Instead of bursting out with "Why can't you hang up your towel?! I'm tired of living in a pig pen!," let the marriage affirmation "I will not focus on my spouse's flaws" come forth in your soul and speak to your situation. You could hang the towel up yourself and just let it go, thinking something like, "I know my spouse means well and isn't try to hurt me. I'm going to overlook this instead of letting it turn into another shouting match."

**Don't give up** if you don't see immediate results. Remember that marriage is a sacred bond created by God, and you have **all the power of heaven** on your side if you are sincerely seeking to heal a broken marriage!

There is no "magic formula" or "overnight fix" for marriage problems. It took time to get to the point your marriage is at now, and it will take real effort and determination to see things turn around. If both (or even one of) the spouses is truly committed to restoring a troubled marriage, be assured that **there is hope**, and that **real change is possible!**

If you are feeling discouraged or hopeless, let the truth of God's powerful word encourage you today:

"Looking at them, Jesus said, "**With men this is impossible, but with God all things are possible.**"

– Matthew 19:26