

KEYS



volume 17

TO HAPPY LIVING

MY
THOUGHT
& MY
RELATIONSHIP

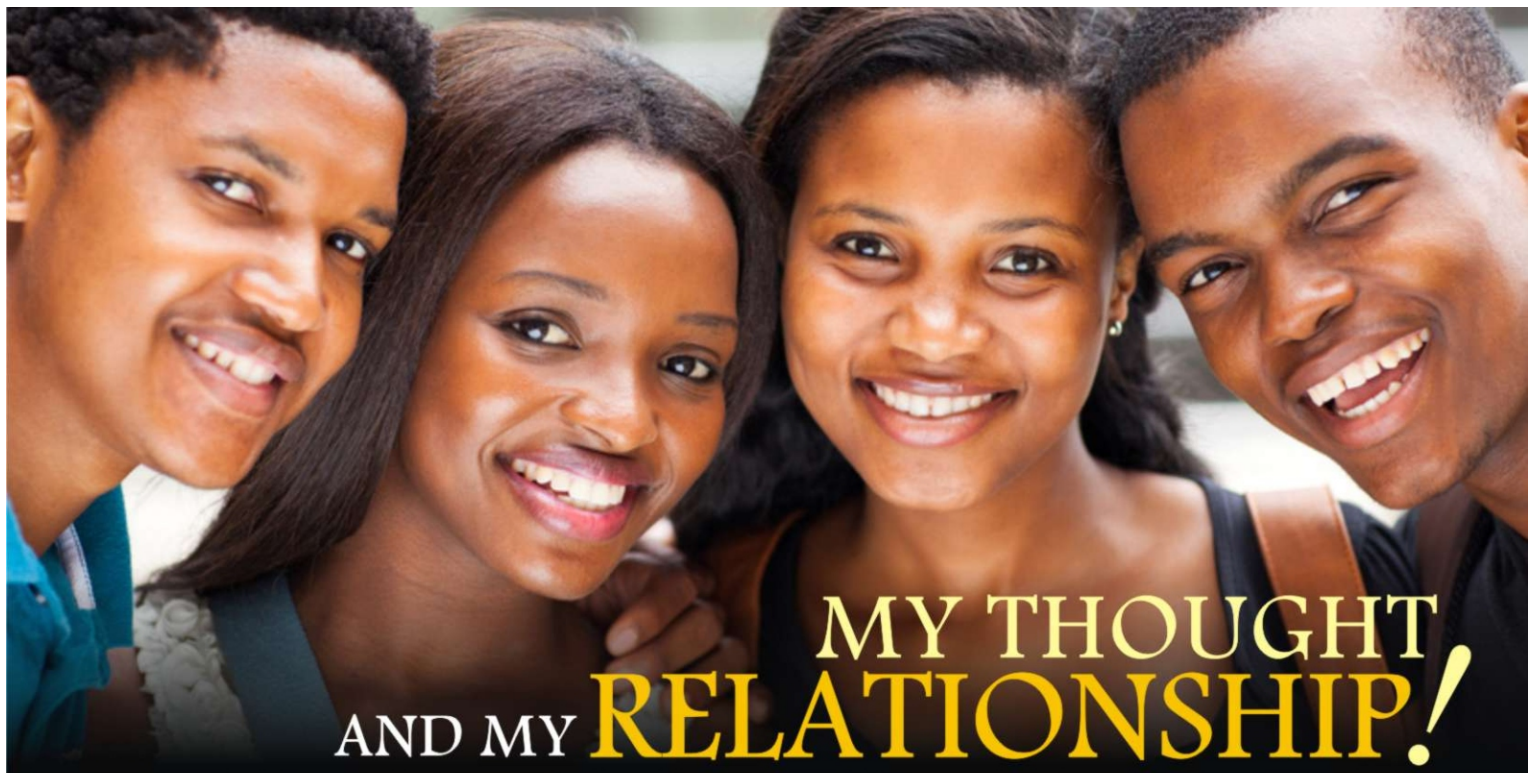
BUILDING
A LONG-LASTING
RELATIONSHIP
& MARRIAGE

WAYS TO
DEVELOP
POSITIVE
THOUGHT
TOWARDS YOUR
SPOUSE

5 POINTERS YOU
ARE IN A WRONG
RELATIONSHIP

Continued from volume 16





AND MY **MY THOUGHT RELATIONSHIP!**

Thought is the most powerful force on earth. Anything you can see now, was first a thought before it became a reality.

Marriage was first a thought in God's mind before it become the most powerful institution that gave birth to the human race and the only institution depended on to raise a successful generation.

"Then the Lord God said, "It is not good that the man should be alone; I will make him a helper fit for him." Nothing becomes real until it's thought on. We are product of thoughts.

You were once a thought in God's heart. And your tomorrow is still a thought in his heart. God thinks of you, and those thoughts are positive thoughts, he never thinks of your shortcomings. "I know the thoughts I think towards you, thoughts of peace not of evil to give you hope and a future".

Your life follows your thought so also is your relationship with others. Your relationship can never be better than you

think of it. Your spouse can never become better than you can imagine him or her to become. Even your life will never get better than you think of yourself.

Nobody will help you add value to yourself, or perceive you to be more valuable than you are. The more negative thoughts you have towards your spouse, the worse they will become. The question is:- in your thoughts, what name does your spouse bear? "Poor man, Stupid man, quick tempered man, A cheat, Stingy man, un-romantic man, weak man, Troublesome woman, Dirty woman" That is who they will always be.

This is so true and practical, What you think of any person determines how you relate to them, and how you relate with them, will determine how they relate back to you. For instance, have you noticed, when you perceived somebody to be very civilized, you seem to behave very civilized in their presence, each time you are together you will keep a civilized atmosphere ,that is what perception does to any relationships.

The reason some people get into a relationship and always end up wrongly, is not always the other person's fault. But because of their thoughts and actions. You always thinking it is another person's fault when things go wrong is a fault itself.

Change the way you think, that will help you change your character. A good Character is what sustains every relationship. There is nothing I can teach you that will change your character, if you don't first change your thought.

The reason God can still relate to us in spite of our shortcomings is because, he does not dwell on what we have done or doing wrong, He thinks of what we will become.

When you start thinking of what your spouse can become and treat them based on that, your relationship or marriage will become the envy of all. This kind of perception will settle a lot of people into their God ordained homes and also keep them happily married.



Singles & Married Today cross audience section
The best place to spend your Sunday evenings



Laughter time with Kachi

One of the reasons for delay in marriage is inability to manage people, And managing a relationship depends largely on how you perceive life . When you think wrongly, you will behave wrongly.

That is why the bible advised us to " guide your heart with all diligence for out of it lies the issues of life"(Prov. 4:23) The strongest pollution of marriage is formed in the heart, and it gives expression through the mouth.

The initiation for marriage is formed in the mind and separation or divorce is also same. You have to learn to think right about you and your spouse in order to act right. The reason why a lot of parents are willing to sacrifice to send their children to good schools despite financial constraints is because of the consideration of their future.

The imagination that your relationship will succeed will encourage you to put in your best to ensure you realize your dreams.

The reason people do not give their best of character, commitment and sacrifice in relationships any more is the doubt in their mind that the relationship may not work.

When you create that kind of thought in your mind, you will not give in your best and because you did not put in your all, it will not bring about the desired result. Am not saying, you should be careless with people. But while you have studied them to the point that you are convinced to date or marry them, please give it your best shot. But even before conviction, be it a stranger or to someone you know, always sow an act of kindness, it always comes back to you.

Years ago, I housed a friend that had accommodation problem, years later when I was looking for an accommodation in London, she introduced me to her friend who housed me all through the period of my stay. Till date, any time I am in London her friend's house is like mine. A lot of relationships fail because people enter with the mentality of "I hope it works" not "it will work" because they see it working. If you can think of your spouse like (Phil4:8) says, you will have a marriage made in heaven.

"Finally, brothers, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you".

The only way to have God and His peace in your marriage and your life, is learning to think positively about you and others. Think positive of your spouse, (verse 9) says "whatever you heard of me, practice it".

One of the characteristic that God had and told us, is he thinks positive of us, in-spite of our shortcomings. "I know the thought I think towards you, thoughts of peace not of evil to give you hope and a future". He was able to win back our friendship and love because, he thought well of us.

If you want to always love your spouse and help him to love you in return, keep thinking right of him or her. People will always make mistakes, but be to your spouse what God is to you. Until then you are not qualified of his peace. God pushes your wrong doings away from His heart, and always forgives when you are wrong. That is the only secret that run relationships with a life time guarantee .

HOW TO DEVELOP POSITIVE THOUGHTS TOWARDS YOUR SPOUSE.

a. Guide what you hear:

Anything you keep hearing will later form your belief. That is why you cannot attend singles and married today regularly and the knowledge gained will not show in your marriage or relationship.

The more you hear a thing the more you believe in it. And what you hear is not only when someone else speaks it. but when you speak out of your month, your ears are the first to hear it. That is why the bible teaches confession, the more you confess anything, the more faith you will build on that thing because you are hearing it over and over again .

b. Think of them in the stature or the image you want them to become:

c. Be grateful for where they are per time.

The act of gratitude magnifies and not diminish.

d. Understand it's human nature to ere.

e. Make allowance for mistakes in your heart.

f. Know that there is always a benefit for obeying God's instruction.

When you obey his word that says "whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things and the God of peace will be with you". Your life will forever be blessed.

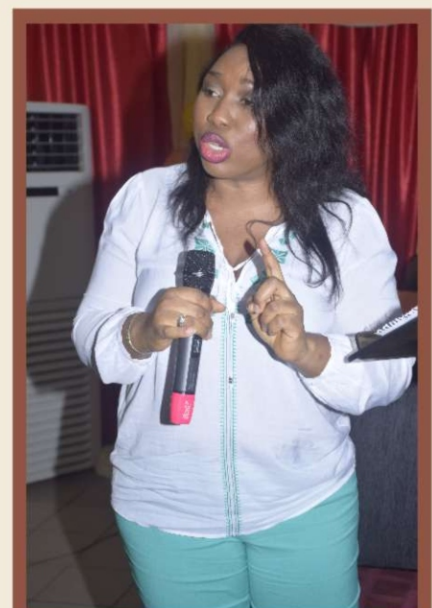
g. Do it for the benefit of peace it will bring.

WAYS THOUGHTS AFFECT YOUR RELATIONSHIP IN POSITIVE WAYS

- i. it helps you to avoid keeping grudges
- ii. it helps build affection in marriage
- iii. it helps you guide against constant disagreement

WAYS IT AFFECTS IT NEGATIVELY.

- I. It makes you talk rudely to your spouse. There is nothing that ruins a relationship like wrong words. Nobody can love you with rudeness.
- ii. it makes your disrespectful
- iii. it makes you unhappy
- iv. it helps end the relationship



Pastor Judith teaching
@ Singles & Married Today

Starting a relationship is cheap, but sustaining a peaceful relationship is what is usually not cheap. Here are some facts that will help you build a sustainable relationship

1. Following God's Standard.

The life you will live as an adult will be as a result of decisions. Where you are now is as a result of the decisions you made yesterday, and the tomorrow after now will be as a result of today's decision.

Most of the problems people face in life is always as a result of disobedience. Not doing the right thing. Every relationship will be peaceful if the parties involved will obey God's instructions about dealing with their partner.

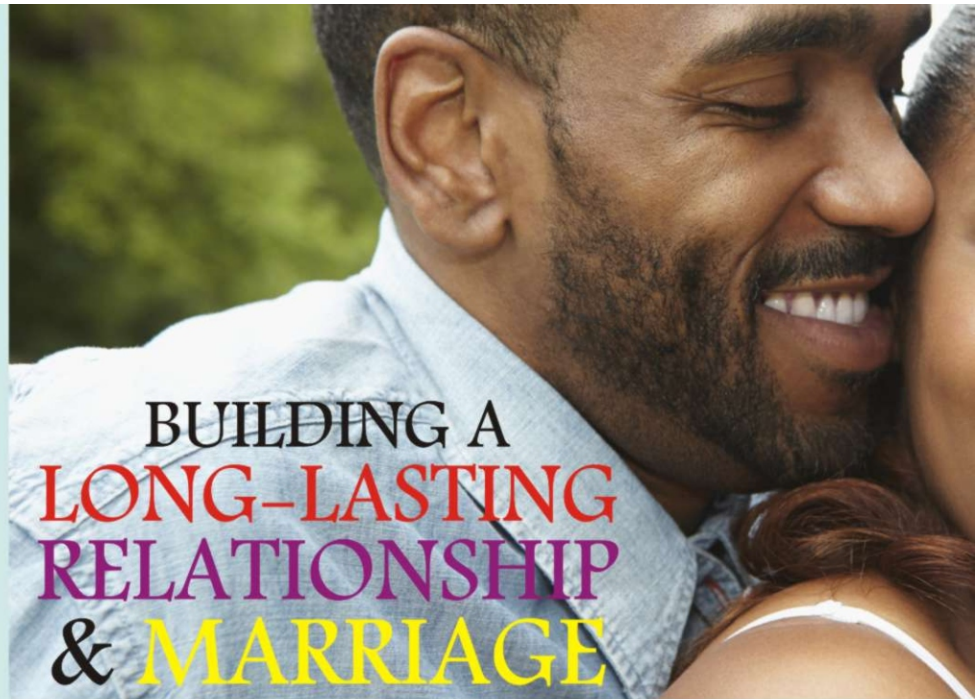
The bible says love your neighbour as you love yourself, your spouse is a neighbour within you. If you will love your spouse the way you love yourself, you will never have any hitch in your marriage.

If you will learn to think for them, put yourself in their shoes, respect them, refuse to be selfish, and love them. Your relationship will be a lot better. You see, Christians are having problems in their homes, because they are not wearing the whole armour.

(Eph 6:11) "Put on the whole armour of God, that you may be able to stand against the schemes of the devil".

Verse 13: Says "Therefore take up the whole armour of God, that you may be able to withstand in the evil day and having done all, to stand firm. Stand therefore, having fastened on the belt of truth and having put on the breastplate of righteousness, and as shoes for your feet, having put on the readiness given by the gospel of peace".

You can put faith in and leave Righteousness, what that means is



**BUILDING A
LONG-LASTING
RELATIONSHIP
& MARRIAGE**

succeed in one aspect of life but fail in other aspect. We must learn to follow God's standard of relationship if you will have a marriage that is admirable.

When you can endure and look away from the world standard of relationship, you will be happier, live a more peaceful life, you will have blessings, upright children and long life.

WHAT DOES IMBIBING GOD'S STANDARD MEAN TO A MARRIED COUPLE.

a. Treating your spouse the way you love to be treated.

Love your neighbour like yourself. God established marriage, so you could have someone to partner with, to help you succeed in your life goals but you cannot enjoy good partnership without fairness. No partnership relationship can survive when one party is not fully involved in the business.

For you to enjoy an enduring relationship, you must learn to be fair in your judgement in the way you treat your partner. So treating your spouse right is carrying God's

standard in your marriage.

b. No partnership can survive without respect for your partner.

c. No partnership can survive without trust.

2. Build up yourself

In order to build an enduring relationship, you have to develop yourself, because our relationship with others is a reflection of who we are on the inside. Nothing tests attitude like relationship. Marriage is an attitude test.

Those days, parents were particular about training female children to be homely and respectful because they know those training will be put to test in marriage and also training their male children to be strong and hard working so they can take care of their family.

So take a moment and think of the things you do that causes issues between you and your partner, or if you are not yet married, those things you did in your past relationship that brought argument resulting to the gradual end of that relationship. Then begin to work on them, some will need prayers because you do them without even knowing and for others you have to be conscious of them,

It could be, not appreciating things, it could be argument, anger, unforgiveness, selfishness, disrespect, lack of manner, etc; work on them. Build up a good personality because, that is all that counts in a relationship. Ask yourself "who Am I?" "How do others perceive me?" People fall in love with a person not things.



L-R: Mr & Mrs Nathaniel Etim, Mrs & Pastor Banjoko

@ Couple's Chat Event



No matter how much you pray, without developing a loveable personality, you may keep having problems. Though, prayers can help you in some ways, but you have to work on your tolerance level, because you are going to need it in building a relationship that will stand the test of time. Work on your manners, it always counts, especially as a woman, men dislike women that don't know how to talk to them.

It is very important that we are well-mannered. A lot of homes are in crisis because of wrong presentation of issues. David was a man after God's heart not because he was a perfect man but because of the manner at which he approached God.

You can choose to work yourself from one wrong path of life to a better one.

This is very important to every relationship success. Building yourself will in turn help your relationship and your partner in a very healthy way.

For you to successfully improve on your values, you must be honest. Most people do not change because they refuse to

accept there are areas to work on, in their own eyes they are perfect and if they ever had issues with any person, that person must be the one at fault. Most of the people that did not have so much but later become so great in biblical time were because of their personalities

a. David : (1 Sam. 18:5) "And David went out whithersoever Saul sent him", (he was obedient, that is a good personality) he behaved himself wisely and Saul set him over the men of war and he was accepted in the sight of all the people and also in the sight of Saul's servants. 1 Sam 18:14 " And David behaved himself wisely in all his ways and the Lord was with him. Wherefore when Saul saw that he behaved himself very wisely, he was afraid of him".

b. Joseph: As a servant in Potiphar's house, He was so well behaved that he was placed over everything. Do you notice, people tend to favour and love people with good behaviour over others. You can get married today and be so loved by your partner, whether or not that love will continue depends on your daily attitude. The same way people fall in love, people can fall out of love. You determine how others will treat you, no body respect you more than you present yourself. Even in marriage, your attitude will determine how your spouse will forever treat you.

3. Have a marriage vision.

Having a marriage vision will help you in a great way in building a marriage that will stand the test of time. Have you ever envisioned the kind of marriage you want to have? If you have a marriage vision it will stand as a guide in choosing a marriage partner. Marriage will not just be an escape route out of singleness for you, but a serious affair.

You should have a picture of the kind of marriage you want to have in your head, no matter how far the present situation may be

from it right now, let that be your motivation.

With that picture in your mind, you will pray more, behave better, respect your spouse more, put in more in your home and if you do not quite, in no time you will have what you desire.

Having a marriage vision is very important in building a marriage that will last forever. One of my greatest motivations in this work is the vision.

Most of the successful couples I have chatted with, they always say, we made up our mind that nobody will come and settle our differences in our marriage, because of that vision; they learnt how to manage and settle issues themselves. Having a marriage vision will help you to manage crisis in your home.

I was counselling a woman, she was going through a lot in her marriage, but she said to me, "I am ready to work out my marriage, my mother married two husbands, but while growing up I had made up my mind that I was not going to have a broken marriage. Because of that promise she made to herself she was ready to stick to her husband until her situation changes. God said, without a vision the people perish, and in my own words, without having a marriage vision, marital success is uncertain.

What Is Marriage Vision?

Picturing the full reality of your marriage future before it begins. Having a desire of your marriage in your head, so clear a path that you can follow

God is always willing to give you the desires of your heart which is in accordance with his will. God said I hate divorce and if that is your desire, He will make it to come to pass. When you have a marriage vision, you will be willing to wait for the right person, you will also be willing to do it right.



L-R: Mr & Mrs Ademola, Mr & Mrs. Ben Chika, Pastor & Mrs Niyi @ Couple's chat event
Learn from their experiences, successes and failure of couples in different stages of marriage every last Sunday of each month

4. Avoid comparison.

There is nothing that kills contentment like comparison. If you want to build a marriage that will last forever and be happy all through, do not compare your spouse with someone else's spouse. It will kill your joy faster than infidelity will.

The bible says "it is unwise people that compare themselves with another. Most of the time it is unfair judgement; you are always comparing the other person's strength with your spouse's weakness, because you are not privileged to see the other person's weakness.

For instance, you cannot see a lady on the road well dressed, and say this is the kind of woman I should have married, and imagine your wife always looking very untidy. But the fact is, you are not privileged to see that lady in her house too. Even if you do, maybe she has access to things that will beautify her more than your wife does. So it is not the same situation, you cannot compare.

Never compare your life with another person's life, it is the fastest route to ingratitude and unhappiness. There will always be someone better than you, richer than you and more good looking, so it is unwise to compare.

A lot of people keep comparing their spouse to others, and some even go as far as telling their spouses. Comparing your spouse with another person discourages them from putting in their best in the relationship.

Don't even compare in your heart, rather be thankful, if there is any attribute you desire in your spouse or marriage pray and work on it. Your relationship and marriage is all you make out of it, No relationship is made in heaven, it's all

work on here on earth.

You determine the fragrance your own brings. It can be stormy all through, if you choose, or can be rosy all through, it is your choice.

5. Put in your all.

Marriage It is not a matter of I put in 50% effort and you put in 50% effort but, both parties putting in their 100% effort. For your marriage and relationship to be exceptional, you must learn to give all you got. Do not hold back anything.

Never nurse the thought of divorce in your sub-conscious, if you do, you will have it. Never say in your heart, let me be careful in case the unexpected happens; it discourages you to invest more. Bearing in mind that you always have the measure of your investment. When you put in your all into anything, you do everything to keep it safe.

They say "don't put all your eggs in one basket," I say put all your eggs in one basket and watch it diligently. God did not have two sons. And sent one to die for you and reserve the other, He had only one son and gave him up as a lamb to be sacrificed for us all. He had since had so many sons and daughters as returns on his investment.

Putting 100 % into your marriage was the secrets our mothers used to keep their marriage together, though so many of them were treated so on fairly! They made up their minds it was their last bus top. And indeed it was.

A lot of people get into relationship with reservation, either because of past relationship experience or other people's experiences. Though it may sound as the wise thing to do, it could also be the undoing of such relationships. Giving your

marriage all you got is one approach you can never regret.

6. Let go of offence.

Your relationship will forever lose flavour when you always keep offences.

Each time your spouse wrongs you, let the offence pass with the season. God uses nature to teach us how to live our lives. Everyday, morning comes and gives way for noon and noon gives way for evening. Just the same way time comes and goes, let offence and issues in your life follow suit.

No matter how hot the sun at noon, evening comes with it calmness. If you can build your marriage after that pattern, you will forever be at peace and also you will live a very healthy life.

Bearing grudges is the most backward life any one can live, it is allowing satan to trap you to a season, though you are in the evening, you cannot enjoy it's glory because you are still trap to your morning.

Every season has it's own glory. Your life is lived on a daily basis so; never allow offences in your life from anyone more than a moment.

A day offense that is not allowed to go with the moment can rob the entire marriage of it's happiness and togetherness. If you can avoid bearing grudges, your marriage or relationship will not only be enduring but enjoyable.

If you are not a quick forgiver and you are intending to get married, first, start working on your forgiveness level and keep the intention to marry aside because, that is the major ingredient of a successful marriage. Marriage is the coming together of two givers and two forgivers. These are the secrets that keeps the wine in your marriage forever fresh.



Mr. & Pst. (Mrs.) Famurewa signing signature pad



Mr & Mrs Yemi Fawole



Mr & Mrs Ben Chika

Passionate moments @ Couple's Chat event

5 POINTERS YOU ARE IN A WRONG RELATIONSHIP

Continued from volume 16



4. When you are not valued: I want to start with this, never fight for a spot in any person's life, because you will keep fighting.

When you marry someone that has no respect for you, you may have to deal with that for the rest of your life.

For instance a new phone is launched and you have not yet own one, you look at it with so much value and fascination, once you buy it, after a while, it may not mean so much to you anymore.

If you are not valued and respected while still in the dating stage of a relationship, you will never be valued.

Ways to know you are not valued.

- * Physical or emotional abuse: When your spouse goes as far as hitting you or using insulting words on you, that should tell you the value he or she places on you.
- * Disrespect
- * Not wanting to identify with you.

5. When God is out of the boat.

No marriage can enjoy peace and fulfil purpose without God in the boat. I do not mean no marriage can succeed without attending church services; these are two different things, before Satan starts pointing out all the pastors that have been divorced

and tells you that Christian couples do break up too.

You may succeed in other aspects of life without God. You can make money without knowing or recognizing God, you can be famous without Him. Because God had already put in place on earth the principles of success, whether or not you acknowledge Him, when you practice those principles you will become successful. But no marriage can work without God being the third party, because marriage was modelled after the trinity.

God told His team members, "Let us make man in our image and after our own likeness and let them have dominion.... the word "Them" in that statement tells us He was talking about a man and a woman.

God has three members, God the Father, Son and the Holy Spirit and marriage was also designed to have three members, the man, the woman and the Holy Spirit.

You can see this clearly in (Malachi 2:15) "And did HE not make them one, with a portion of the Spirit in their union" And what was God seeking, a Godly offspring.

Marriage was designed in the order of God and can only be complete with him.

For instance, you buy a chair that was designed to have three legs and you pull out one leg from it, what will happen, it will become imbalanced.

When you take God out of your relationship you will end up enduring all your life and you will never truly enjoy the peace and the wealth marriage was made to bring.

The marriage practice of the society cannot give peace. 80% of the murders committed in the world are emotional crimes.

It is this reason the man and a woman's union was not made to succeed without God.

Never rock your marriage boat without God, it will sink. Any relationship where God is relegated to the corner has been programmed to fail.

The only reason the couple in the wedding of Cana where Jesus performed his first miracle was not put to shame was because Jesus was their guest.

Satan wants you to take away the honour promised to you in marriage even before you enter into it, so he puts you down forever by introducing you to sin while still dating.

Don't fall for his tricks, he is an enemy! You can exercise self control, if you refuse to play relationship in the worldly way, trust me you are not missing anything, the only thing you are missing is trouble, tears and confusion.

Publisher

Judith Daniel- Imagoro is a relationship and marriage coach, writer, public speaker, president of glorious living singles and married Ministry and weekly host of Singles & Married Today's Event. She is married to her long time friend; Daniel Imagoro and they are blessed with children.

Editor

Mrs Ogechi Onyemem is an accomplished entrepreneur. She runs an education consulting, training and recruitment agency for reliable recruitment of domestic workers.

Contact details: Bellaz Connections. No 44 Ogunlana Drive, Surulere, Lagos. 08060725686
info@bellazconnections.com
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I am an older single, my relationship has never worked



I think I am stagnated maritally



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