



# KEYS TO HAPPY LIVING



PUBLISHED BY GLORIOUS LIVING SINGLES AND MARRIED MINISTRY (G.L.M.)

Volume 6

## 10 Secrets of Ever Growing Love

**1. Refill your spouse emotion bank:** If you want to have an ever growing love in your home and relationship, learn to take every day as a fresh day. Have fresh word of affirmation for everyday.

Yes, you may have expressed your love yesterday but, yesterday expression is not enough for today's count.

Yesterday only built a foundation for today's fresh expression. Be fresh and be creative every day, look for a new word to say "I love you"

Your spouse emotional bank needs refilling, if you do not recognize this, the journey of love could easily run out of gas.

Do you wonder why cheating is now the order of the day? It is majorly because some people spouse are sleeping, those things they use to do in the early days of their relationship, had been thrown out of the window.

I heard a story of a white pastor's wife that cheated; what happened was? The husband became too busy that he hardly remembers his wife's birthday; when she changes her hair he does not even notice it.

One day, she was travelling and came across a young man and they became friends, not long after, they started talking on phone the young man was affirming her with words like "you look so beautiful, your voice sound so wonderful"

And that was what her husband used to tell her in the early days of their relationship, so she fell for the man. She later made a confession to her spiritual father when she became uncomfortable with the affair. When the report came to her husband, he initially did not want to forgive the wife but later did when he realized

his own contribution to the problem.

There are a lot of couples that had stop affirming each other. Every day is important, be on top of your job as a wife or husband, marriage or relationship is a career that needs to be handled with diligence.

Do something new to tell your spouse, "I love you today"

It is like praising God today and for a whole month you do not say anything to him, and say He should understand I praised him last month. Your spouse carries the image of God, treat them like one.

**2. Be grateful:** Always learn to appreciate and be grateful to your spouse. A spouse you do not appreciate, you will soon lose. Do not take your spouse for granted no matter how common his or her sacrifices. Make it a routine to always say "Thank You"

Every spouse loves to hear "thank you" even if the expression of love had been repeated hundreds of time.

Gratitude never gets old or wears out. Never assume your spouse knows you are grateful. Knowing and hearing are two different things.



I have never served my husband food without him thanking me and there is nothing that pleases a woman like that. Never think after all, it is her duty to do it.

The bible says "out of the abundance of the heart, the mouth speaks"

You cannot claim you are grateful in your heart and not speak it in your mouth.

Appreciation is the ladder that love climbs to

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## HOW TO IDENTIFY YOUR GOD-GIVEN SPOUSE

**1. Inner Peace:** Is one of the key signals of identifying your God-given spouse. He/she may not physically look it, yet you will have an unusual peace.

Inner peace is one of the ways God speaks concerning issues relating to you. Most cases, when you ask successful couples what convince them about their spouses, they often respond "I can't really say but I knew I had peace of mind".

I was counseling a lady and she said to me, I almost knew I was marrying the wrong person but I refused to listen to my heart.

Anytime you are in a relationship and you keep having a check in your spirit, please purse and watch carefully, it may be an indication that the presence of God is not there. The bible says "wherever the

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**Our Vision - Is to bring God's original intent of marriage and relationship to mankind.**

# 10 Secrets of Ever Growing Love

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the top. The more thankful you are, the more loving the environment you create.

### 3. **Be kind to your spouse. (Eph 4:32)**

Kindness create convulsive environment for love to dwell. Kindness involves caring for the other person even more than you. You cannot be kind to somebody and not win his love. Kindness chooses to speak life instead of death. Kindness finds a way to forgive instead of blame. Kindness expresses affirmation instead of condemnation.

Kindness is very difficult when one has negative feelings towards her spouse but kindness have the ability to help defuse pains, rebuild and restore love in a relationship.

When last did you show someone kindness? See (Gen 24:18) the act of kindness was what grant speed to the marital destiny of Rebecca, connected her to a multi- billion dollar husband ( Isaac) and left her a name in bible history. Kindness have the ability to grant speed in your marital destiny. The act of kindness is a tool for ever growing love.

### 4. **Enjoy physical intimacy.**

Sexual fulfillment and fun builds love and intimacy in marriage.

Sexual fulfillment is not a duty but a privilege to share physical intimacy with your spouse. Some homes are dying today because they do not know how vital sex is to love in marriage.

Sex is a mystery; it destroys relationship outside marriage and builds relationship in marriage.

### **TIPS ON HOW TO MAKE SEX MORE FULFILLING IN MARRIAGE**

- Discover what pleases your spouse and give them fulfillment, talk about it, and start doing them.
- Make time for foreplay, never rush your time together
- Put your spouse needs above your needs. When you start meeting your spouse needs, you will discover your needs will be met.
- Stop thinking about other things when you are physically intimate with your spouse, give your total attention
- Remember the goal of physical intimacy is more than intercourse. Kissing, touching, hugging, spending time together produces a powerful intimacy. See (1 Cor 7:5)

### 5. **Never go to bed un-reconciled (Eph 4:25-27)**

One of the ways to build an ever growing love is to learn to resolve issues the same day. The word of God says "Resolve your anger quickly". Unresolved anger is the greatest threat to marital harmony and peace. You and your spouse are one flesh; anger hurts you and your spouse.

Some people have lost good relationship because of anger. Unresolved anger will bring division into your marriage and relationship. It's also hinders the Holy Spirit from bringing healing to your hurt. Jesus commands us to forgive. Forgiveness is not an option but a mandate. When you are angry, set out a time when both of you can honestly speak the truth in love. Do not say "you always make me angry rather say, I feel hurt when you do so and so thing. You will find out your relationship with your spouse is better than ever.

*To be continued in the next edition*

# HOW TO IDENTIFY YOUR GOD-GIVEN SPOUSE

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presence of God is, there is liberty"

Always listen to what your inner man is saying when making a life long decision, it is the police of your destiny. God relate to your inner spirit all the time.

There was a great woman of God, born in 1907-1976, called Katherine Kuhlman, God did many signs and wonders through her ministry. But miss it in the area of choosing a life partner. The man she married had a wife and two kids but told her a lie, that he was married but now divorced.

The Holy Spirit tried to warn her but she had already made up her mind, even to the point of her wedding day during the exchange of vows she fainted, but she was revived, still she went ahead with the marriage. Not long after that she realized she was married to the wrong person. According to her, she lost her inner peace during that period. She cried back to God, and He restored her. Inner peace is one of the ways to identify your God-given spouse.

2. **Agreement:** When you meet your spouse, your opinions on issues are usually in sync. Eccl says "two cannot walk together expect they agree" When you are in a relationship with somebody and you always have disagreement please watch it, you may just be heading a wrong direction.

3. **Passion:** He or she will be passionate about issues that concerns you. For instance, you may have a challenge and he/she may not have the capacity to solve it, but there should be a level of concern. Your God ordained spouse is always passionate about you. The way a partner handle things that have to do with you should send a signal of the kind of life you will have with him or her in marriage.

4. **Love for God:** Both of you will be excited about God. When you meet a man or woman that does not love the things of God and you are a child of God, believe me, that person is not the one. The bible says "Do not be unequally yoked together with unbeliever" and (Gen 7:2) says "Of every clean breast take by seven a male and his female and of the unclean a male and his female." Note He did not say take one clean and one unclean. As a child of God your spouse must also be a believer. God is not an author of confusion; He can not give you an unbeliever as a spouse. Note any person that have no regard for his Maker will certainly not regard you.

5. **Love and Honour:** When you meet your spouse, love and honour flows naturally from both parties. If you find yourself in a relationship where you are not loved and honoured, know he/she is not the one. (Gen.2:23-25) "And Adam said this is now the bone of my bone and flesh of my flesh, she shall be called woman because she was taken from man" "And a man shall leave his father and mother and shall cleave unto his wife and they shall be one flesh " In this scripture God did not tell Adam what to say to the woman, but on his own he started calling her wonderful names. Saying to her you are like me, you are my bone and my flesh. Remember Adam was the first man on earth yet he said "shall a man leave his father and mother". The moment he saw his wife, he thought of the greatness of the closeness, He must have said to himself even if I had earthly parent I would still have left them and cleaved to this woman. The bible says when Isaac saw Rebecca he loved her. No person hates or dishonours his own self, any person that does not honour, love and respect you, it is a clear indication that he or she is not your right spouse.



# 10 PILLARS to Enduring RELATIONSHIP/ MARRIAGE

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5. **Openness:** Openness is allowing someone access to your inside. Openness is transparency in a relationship and it gives place for genuine love.

Openness is the foundation of trust and trust is the fertile ground that grows love.

A lot of people build their relationship on a lie that is the reason for failed relationships.

Satan loves secrecy and anytime you keep a secret, he use it against you.

Why should you allow somebody to love you based on wrong information? He/she will only love the person that suits the information you gave. Once he/she knows the true you, it will be over; no marriage can stand on lies.

The bible says in (Gen.2:2). "They were both naked and were not ashamed". Openness is nakedness before each other, no home can stand without it and it is the only sure guarantee to a lasting relationship.

6. **Commitment:** Commitment is dedication to a cause or activity. It is a promise made to oneself to do something.

Commitment is like a tie, devotion, pledge, resolution to make a relationship work, no relationship can survive without it. (1 Cor 9:16)

Anything you do without commitment will not yield much fruit. For instance this ministry came as a result of sacrificing my bank job.

You cannot be committed to a course without letting go of some other things. The proof of commitment is sacrifice. For your relationship or marriage to work, you must be ready to let go of some things.

There is no relationship that can fail with commitment. The bible says "whatsoever you lay your hands to do, do it and you shall prosper".

Commitment is a proof of sacrifice. It could be letting go of a long term habit, friend, or a way of life etc.

7. **Sacrifice:** Sacrifice is an act of giving up something which is usually

6. **Excitement:** Your God ordained spouse never bore you; you never get tired of each other's presence, you always want more of the person. You always look forward to be with each other not because you want to take advantage of his/her body. There are some people that are excited about their relationship because they want to explore each other. That is not what I am talking about, that is infatuation and will not stand the test of time, before you know it, the excitement will be over.

6. **Common interest:** More often than not, one of the ways to identify your spouse is passion over the same thing. You will find out you are passionate over the same thing. I take example from my home, my husband is passionate about God and God brought me to compliment him. Before "saying I do", make sure the person compliments your vision and assignment on earth, if not you may die in frustration. Vision is the mother of marriage, God created a man and gave him an assignment to keep and dress the Garden of Eden and he gave him a helper to help in the accomplishment of that vision. Never marry any one that does not compliment your assignment here on earth.

costly. (John3:16) "God so love the world that he gave up something costly.....HIS SON"

Sacrifice is a proof of love. If you claim you love your husband, wife, or that person you want to marry, you must be willing to give up something. Sacrifice is what is missing in today's relationships and marriages, that is the reason divorce is now the order of the day in homes. The solution is here, God has sent me as a messenger of peace to relationships and the homes of this generation. Watch it; most people that are too rigid never have good homes. Sacrifice is the fuel that runs the engine of relationship.

8. **Trust:** Trust is a firm belief that something or somebody is reliable. Anything you do not believe in can never work in your hand. You have to trust and believe in the relationship you are involved in. So many people are scared to trust because of past failed relationships, and the lies they had been told by opposite sex. This kind of attitude will only rob you of your future and make you not to truly enjoy a relationship. Adopt this kind of attitude, "forgetting those things that are behind and reaching forth to the things that are ahead" see (Phil. 3:13).

Until you learn to drop every bad experience behind, you will never hold the joy before you. Also trust is the foundation that love is built on, so without trust, love has no fertile ground to grow and no relationship can survive without love.

9. **Understanding:** This is been aware, sensitive, tolerant or having information about something or someone.

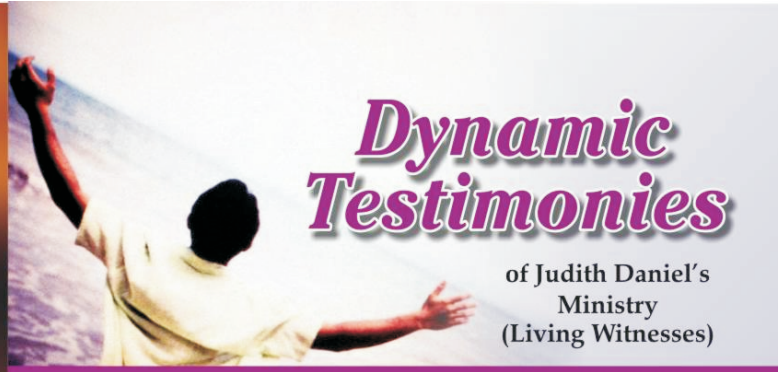
This is where a lot of people miss it. When you are going into a relationship or marriage, take time to know and understand the person. No two persons are the same, what worked for this person may not work for the other person.

You must take your time to study your spouse, how he/she loves to be communicated with, how your spouse spends money and his family value system. If you see two people that hardly have problems, it is because they understand each other. Understanding is too key in a relationship.

I know of a lady that lives in the U.K, she visited a friend one day, and met other women in her friend's house. And discussion came up on "How to please your husband and get his attention". She was interested, "they told her to get a sexy night wear, put off the light, wear makeup, make a good dinner, set and wait for your husband". So she rushed to a shop, bought a beautiful revealing short red night-wear and did as she was told, When her husband came and saw her, he shouted "wetin be this, so you have started dating men outside - that day her husband drove her out, she had to go and get her friend to explained things to her husband. You have to understand what your spouse wants and likes. That my husband loves a particular thing does not mean yours will like it. Understanding is a key pillar of making relationship work.

10. **Prayers:** (Heb 3:4)"Every house is built by some one but He that build all things is God". Prayer is what you add that gives glory to all you do. This is very important to singles that are yet to find a partner; you need prayers to bring your right future spouse; No home can survive without prayers.

# 5 Ways to know you are READY FOR Marriage



## Dynamic Testimonies

of Judith Daniel's  
Ministry  
(Living Witnesses)

If you are not careful, you will waste years being pre-occupied with worries and pursuing prospective spouses, at the expense of your own personal development and refinement. Some people are bent on finding a partner that they do not spend anytime developing the person they want to give to the person they find.

(1) **Until you have become a whole single:** (Gen 2:18 AMP) "It is not good for a man to be alone, I will make him a helper suitable for him". Adam was so complete that God had to remind him that he was alone, and that was because he was happy, complete and a whole single person. You are not ready for marriage until you are whole, complete and happy. As a single person, you are not a half being but a whole being. You are whole, and you need a whole partner, to become a whole couple.

(2) **Until you have dated yourself:** You are not ready for a fulfilled marriage until you date yourself. Dating yourself is the ability to discover all that you carry, all that God placed inside of you; your qualities, your gifts and your assignment on earth. Everybody has an assignment he or she was created to do. You were born to solve a particular problem. For instance I discovered my assignment before I got married, that helped in my choice of a partner.

When you know yourself very well, it will help you to know the right person that will suit you. If you are not yet successful as being single, if you cannot control your emotions, passion, feelings, attitude or behavior, then you are not prepared for marriage.

(3) **Until you know God** and have a good relationship with him: If you don't know God, you can never enjoy marriage because you do not have the secrets of a successful marriage. The reason for most failed relationships or marriages today is the lack or poor relationship with the manufacturer of marriage. You have to read a manual to successfully use a product. No husband or wife can truly fill that emptiness in your heart. Marriage is not the cure for loneliness but God is. God could not have designed marriage

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**Join our Non-denominational Singles and Married Fellowship every Sunday Evening 4.00pm - 6.00pm @ 58 Ogudu Road, Unity Close, Opp. Police Station, Ojota, Lagos.** Or listen to our messages on 89.75 Eko Fm between 5.45pm - 5.55pm every Sunday.

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**For questions, prayers and counselling, call us on :** 08188205042, 01-8513116. E-mail: keys2happyliving@yahoo.com

### DIVINE CONNECTION

Your life and ministry have been a blessing to me, I thank God for G.L.M. On October 8 by the help of the Holy Spirit, we discussed on how to recover from heart break, and one of the keys was forgiveness. That same night, I was restless that I sent a text message to my EX that I had sworn not to have anything to do with to say I have forgiven him for the wrong he did to me. He replied back and said he have been praying for us to reconcile but did not have my contact anymore. That mark the beginning of our reunion and to the Glory of God, we are preparing for our wedding.

**Sist. B**

### I GOT A RELIEF PILLS

I came across a copy of Keys to Happy Living on my way back from work at BRT bus-stop. I read it while having my dinner that evening, I felt like God talking to me through Pastor Judith as tears roll down my eyes profusely. I had been through and still nursing the wounds from heart break. I laid curse on the man who deceived me( My ex-boyfriend) and everyone who contributed to the collapse of the relationship every day. But after reading this piece (Keys To Happy Living Volume5) I became relieved as every word of advice contained in it sank into my heart. I feel lighter now having made up my mind to forgive and to let go. Thank you pastor Judith for giving me a relief pills. And I thank God for using this publication for the transformation of the lives of people positively.

**Sist Anne Ibe**

to take His place in your life. You can be married and lonely. It is not the fault of your spouse that he/she cannot solve the problem of loneliness. If you know God and have a good relationship with Him, you will have a wonderful marriage.

(4) **Until you know the reason why you should get married:** When a purpose of a thing is not known, the abuse is inevitable. You may not be successful in marriage until you know the reason for marriage. Marriage originated from God, not society. If the reason you got married or you are about to get married is because society expects you to, or because you are of age, then you have missed it. You need to know and understand the reason so you can get the full benefit of marriage.

Somebody may say, let me just get married then I will know why and how to run my marriage. I will always say " you do not study to pass exams on the day of examination" People get married because of what they watch in movies that are not real, only to get in and be disappointed. Until you know the purpose of marriage, you are not ready for marriage.

5. **Until you learn forgiveness and are realistic about marriage:** While you are unmarried, view marriage realistically. Marriage is wonderful and has its rewards. Also, marriage have its own challenges. It is wrong for you as an unmarried person to view marriage as a key to your happiness. You will be disappointed; God is the key to happiness. Your spouse will offend you one time or the other, you have to learn how to forgive, not just forgiveness but learning to forgive instantly before going into marriage. (Mark11:25) Marriage can only survive in the soil of forgiveness. Forgiveness is the ability to let go of a hurt. It is a gift you give to your spouse that they do not deserve. Forgiveness is the ability to open up your heart even after a hurt. Until you learn forgiveness and be realistic about marriage, you are not ready for marriage.