



KEYS TO HAPPY LIVING



VOLUME 11



Secrets to rekindle Love in your Marriage

1. Communication:

Communication is a vital part of any great relationship, and it is the secret that work every relationship. To talk things over on a regular basis is the road that leads to a healthy relationship. Taking in what each other has to say, and supporting each other in a loving way is the food that grows love in families. Communicating brings about intimacy, and it is to marriage like water is to fish. It's the back bone of every fruitful relationship. The more Communication is practice, the better it get. The day you

allow your relationship to lack communication is the day separation set in. marriage without effective communication make divorce inevitable. Take time to talk over every of unclear issues, you will be surprise how better you feel about your spouse.

2. **Don't forget Romance:** Romance is the ingredients that add spices to your home. Know the things that your partner loves, and put them first in your decision making, they will really value you for it. sending flowers, kissing your partner when they are least expecting it, cooking a favourite meal, send wonderful test messages, never go out of fashion.

“Sex is a mystery; it builds love in marriage but destroys love and respect outside of marriage”

3. **Make Sex a central part of your marriage:** Sex is important in keeping your marriage healthy; it brings you and your spouse together on an emotional, physical and spiritual level. Sex brings fun, builds love and intimacy in marriage. Sexual fulfilment is not a duty but a privilege to share physical intimacy with your spouse.

To be continued on the next page



MAJOR COMPONENTS THAT BRINGS CONFLICTS IN RELATIONSHIP

without deliberate positive changes. Doing the same thing the same way for a long period of time brings boredom. Change is the secret that keeps the wine in your home fresh. A lot of homes have run out of the love gas because of lack of innovation. Learn new things so you will not become out-dated to your spouse.

“Change is the secret that keeps the wine in your home fresh”

1. Unwillingness to Change:

Unwillingness to change always brings conflicts in a relationship. When you are in a relationship/marriage and your spouse keeps complaining of a particular attitude and you are unwilling to change, in no time it will bring constant conflict to that relationship. Changes always bring progress; no marriage progresses

The moment of intimacy with your spouse should not always be the same thing, same way; same place all the time; if that continues it becomes a routine. Why do you think a lot of people are not productive in their area of profession? Simple; they do the same thing, same way, same office, year in and out. The

best way to keep people productive and efficient is to constantly move them from one work duty to another or department. These things are also applicable in marriages or relationships to help re-ignite the fire.

Most Africans do not understand what holiday is, if they have one kobo they go and lay a building foundation.

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Our Vision: Is to bring God's original Intent for marriage and relationship

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Some homes are dying today because they do not know how vital sex is to love in marriage. Take the time to let your partner know what you want, but also listen to what their needs are and come up with ways; you can improve on your sex life. Sex is a mystery; it build love in marriage but could destroys love and respect in a relationship outside of marriage.

TIPS ON HOW TO MAKE SEX MORE FULFILLING IN MARRIAGE

- a. Discover what pleases your spouse, talk about it, know what gives him or her pleasure and fulfilment, and start doing it.
- b. 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 are met too.
- c. Stop thinking about other things when you are physically intimate with your spouse, give your total attention.
- d. Remember the goal of physical intimacy is more than intercourse. Kissing, touching, hugging, spending time together produces a powerful intimacy.

4. Keep your spouse first in your life: Being in a healthy relationship is all about putting the relationship first in your life. When you and your spouse are committed in making your relationship the number one priority above anything else in your life, then your relationship will go from strength to strength. This may seem little difficult when children are involve but make it a point of duty to put your relationship first.

5. Have fun together: Having fun together is a great way of bringing you closer and developing a strong bond with your spouse. Spending your time with other women or men other than your spouse is wasting your youthful



Secrets to rekindle Love in your Marriage

investment of a life time; on strangers who are only there to take and to destroy.

The time investment spent with your family is the only investment you can never lose returns on.

Make some time today to enjoy and spend quality time together with your spouse. Spend time doing things that make you laugh together and bring back the lost excitement in your home.

6. Never take for granted your spouse sense of smell: neatness is the playground for romance. Bad smell can put your spouse off. Make a conscious effort to smell well, and make it a duty to have your bath and clear your mouth before bed time. Never say I have being on air condition since morning and I do not need a bath, you are the last person to know, when you have bad smell.

Marriage is a journey, not an end. It is a lifelong work. That you are married do not mean you should be untidy, relaxed and smell bad.

Body and mouth odour is one of the reasons for the rise of infidelity in homes today.

Some people go to work in the morning, sweat all day long, return back home, eat and go to bed, yet they complain their spouse no longer spend intimate time with them.

My former official driver was very fond of his wife, talk about her each time he had opportunity to. That made me to start asking questions. he told me one of the things that make his wife special, apart from they were childhood friends, was that for the past 23years they have been married, she bath, wash her month and perfume their bed every night . This kept her on top of his list.

You do not need to be rich to be tidy. Tidiness is the secret that keeps romance on fire in marriage.

Readers Comments

Good day Judith,

I appreciates God works in your life. I came across your article ' Keys 2 Happy Living' last week and I have read it, more four times without being bored. The article was God sent to deliver my life especially in the area of my relationships. I have gotten it all wrong all through my life however I have seen that a change for good is possible. God bless you.

Anonymous

Good day the Publisher,

I came across your publication titled KEYS TO HAPPY LIVING , this is my first time of reading your publication, but to tell you the truth, I have been greatly impacted by the publication. Keep touching lives positively with your good publication. Thanks.

Mrs. Otubu

I just read your tract on "Keys 2 happy living" I am blessed; I appreciate your effort both mentally and financially. May God continue to give you financial strength and supernatural wisdom to write more and speak more. May you finish mightily strong and God's will, desire and purpose will surely come to pass in your life in Jesus name.

A. A. Caleb

Just read your publication' Keys 2 happy living" and I am blessed.

Abraham Jibrin

I just finished reading the copy of keys 2 happy living volume 6 and I want to commend it.

Lydia

Send your comments/testimonies to keys2happyliving@yahoo.com

MAJOR COMPONENTS THAT BRINGS CONFLICTS IN RELATIONSHIP

Continued from the first page

The reason you are stressing your life out to do things is because you do not have faith enough that you will do that same thing in abundance tomorrow. Save some money and take your spouse out to any place of your level, you can go and watch movies together, go to any hotel of your choice for a few days, if you cannot afford a trip to Europe or any other place. This will renew your feelings for each other; you will begin to feel like you are in the first week of your marriage. Changes bring progress; either character changes, attitude or otherwise.

A lot of people are not in fruitful relationship because of unwillingness to change. Women and men of marriageable age particularly, have to watch out in this area. The more you stay unmarried, the more difficult it is to change some things. For instance a woman of 35 years of age has already developed a particular way of living, dressing, and religious belief. This makes it harder to change and become flexible. Some people will remain unmarried, if they do not learn to adopt the spirit of change.

Some pastors even discourage their members from marrying a spouse from another church even in the same body of Christ; especially their female members, saying they need to retain their spiritual authority over their lives. Jesus is our spiritual authority not a particular pastor. See (Jer.3:14-15) "And I will give you PASTORS according to mine heart, which will feed you with knowledge and understanding". (Note the word pastor is in plural form) Holding on to a particular belief, way of life, and refusing to change brings conflict in relationship and also hinders marital destiny.

2. Selfishness: There is nothing that destroys a relationship like selfishness. No selfish person can be a good spouse. You have to consciously develop the spirit of selflessness to win over your spouse.

For God to win us over to Himself, He had to be selfless by giving up His only Son and in return, He won billions of sons and daughters. That is how it is with your spouse, for you to keep topping his/her list, you need to be selfless. Love can never survive in a selfish environment; it can only flourish in a selfless atmosphere.

Selfless people give not because of what they want in return. "It must be my way" is a selfish attitude; "you must be the one to call or care more" is also a selfish attitude.

A lady that wants you to send her air time before she calls you is a selfish person. A man that wants you in his bed in order to marry you is a selfish and wicked man; He wants to satisfy his sexual desires at your expense; that is the real definition of selfishness. Oxford dictionary defines selfishness as someone mainly concerned of his own needs and wishes at the expense of others.

Selflessness is one of the ways to avoid conflict in our relationships. It is also a major key to access your life partner. Each of us has ability to be selfish but we have to consciously remind ourselves to be selfless.



HOW TO BE FREE FROM ANGER

Continued from Volume 10

1. Discuss the Problem

when Possible: When you are offended, one of the ways to easily let go is by discussing it, but when that is not possible write it on a paper in form of a letter; write down your pains and everything you

feel. By the time you are through, it will look as though you have dropped your pains on paper. When it is possible send it to your offender. If you cannot, mere writing it down on papers is a relief therapy.

2. Understand Your Offender: This is one secret that had helped my life and still helping me. Anytime somebody offends me, I make excuses for the person.

While growing up I was expecting so much love and care from my siblings; I felt I was mistreated. I wanted to be showed so much care and love. But I was only expecting from them, what they never experience themselves. No one can give you what they do not have. They were not treated or raised that way and there was no way they could give me such treatment. The moment I understood my so called offenders, it drained off my anger tank.

3. Forgive Your Offender: Forgive even if you cannot understand why the person treated you wrongly. The Word says "Forbearing one another and forgiving one another, if any man has a quarrel against any; even as Christ forgave you, so also do." Forgiveness is a not an option, but a commandment. it is a gift you give to someone they do not deserve.

Forgiveness is a relief pill, but unforgiveness put you in a spot.

4. Look for a Pearl in the Offence: I read a story of a renowned Marriage Counselor, Gary Smalley; who had a troublesome co-worker that led him to discover his gift. Personally, I am fulfilling my assignment today because of the last boss I worked with as a banker; he was so insulting that I started thinking and looking inward on how to use my gift to impact the world rather than sitting with a boss that thinks I am useless. As a result of his actions, I made a choice not to allow another person take the driver seat of my life. Today I have found a pearl in the offense, and I am thankful to him rather than being angry at him.

Anger can distance you from people, yourself and from God; unresolved anger can lower your self-esteem. Make a choice today to be free from anger; the Bible says "be anxious for nothing" because he knows anxiety will freeze your relationship, your health, your insight and everything around you.

“Do not allow another person to take the driver seat of your life”



MAKE OVER MAGIC, THAT GROWS LOVE IN RELATIONSHIP & MARRIAGE

Positive Words: Is the most powerful tool in building love in a relationship. The way you use your tongue can make or mar your relationship with your spouse.

Your word controls your life, some people think is actions but it is words that give expression to your thought and actions. You use words to express your love, displeasure, satisfaction etc.

Some marriages are in a mess today because of words that were not properly used. If you want a make over in your homes and relationship' pleasant words will do the magic.

The bible says "Pleasant words are as a honeycomb, sweet to the soul and health to the bones"

In my own words "Pleasant words are like honey to your marriages, strengthens your relationship and brings the best out of your spouse"

**"Your spouse
emotional bank
needs refilling"**

You cannot sow good words into any relationship, and reap a wrong action as a reward. Learn to speak good and pleasant words, no

matter how unhappy you are; the bible says "soft answer turns away anger"

Satan has no power over your life until you invite him by your words.

HOW TO GROW LOVE WITH YOUR WORDS

- Learn to affirm your spouse, your spouse emotional bank needs refilling
- Learn to appreciate your spouse no matter how little their sacrifices. A spouse you do not appreciate, you

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will soon loose. The word "thank you 'should not be far from your lips.

- Learn to praise your spouse often
- Learn to speak into their future
- Learn to encourage your spouse. Some people have been told negative things all their life; they need the encouragement of their spouse. You are a powerful force in the life of spouse.

The late pastor Bimbo said "The miracle of every man is in the mouth of his wife. " Do not swallow up the destiny of your spouse with your mouth.

To be continued on the next edition

PLACES TO GET THIS PUBLICATION

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She has a popular programme called Singles and Married Today. Where she coach people to stay happy and effective in their marriage and Relationships. She is married to Daniel Imagoro and they are blessed with children.

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