



## 5 Tangible Tools to Start Saving Your Marriage **NOW!**

1. **PRAY:** Pray that God will open your eyes to see *your* part of the breakdown in your marriage. Each day when you spend time in His Word, ask God to show you how He wants to change *your* heart through this crisis, instead of pointing the finger at your spouse to change. Keep a journal and record the things you're learning during this process. Don't expect changes in your circumstances right away. The process is just as important as the outcome.
2. **READ:** Read your Bible daily, even if it's only one Psalm or Proverb. God will direct you and help you when you read His Word and apply the principles found therein.
3. **ASK:** Ask a trusted Christian to be your prayer partner for the next 90 days. This person should be an advocate for saving your marriage; reliable, honest, and able to offer you wise counsel. Your prayer partner must also be of your same gender; someone who seeks God's will consistently through reading the Bible and prayer. He/she must also be willing to meet with you weekly and hold you accountable to God's Word and to saving your marriage.
4. **GATHER:** Gather some biblical marriage-saving resources such as the ones listed at the bottom of this page. Surround yourself with tools, books, DVDs, resources, and wise counsel. Apply the new things you're learning and focus on strengthening your individual relationship with God.
5. **ABSTAIN:** Abstain from "chasing" your spouse or doing anything desperate to reconcile with him/her. When you're angry and upset, keep from speaking rudely or disrespectfully to or about him/her to others.

### *Recommended Reconciliation Resources*

**Are you separated and/or do you have a spouse that is unwilling to reconcile? If so, we recommend:**

*Critical Care for Your Marriage* (booklet/DVD)  
*Yes, Your Marriage Can be Saved* (book)

[www.inverseministries.org](http://www.inverseministries.org)  
[www.reconcilingGodsway.org](http://www.reconcilingGodsway.org)

**Are you both ready to work on the marriage together? If so, we recommend:**

*Marriage on the Mend* (book/workbook)

[www.inverseministries.org](http://www.inverseministries.org)