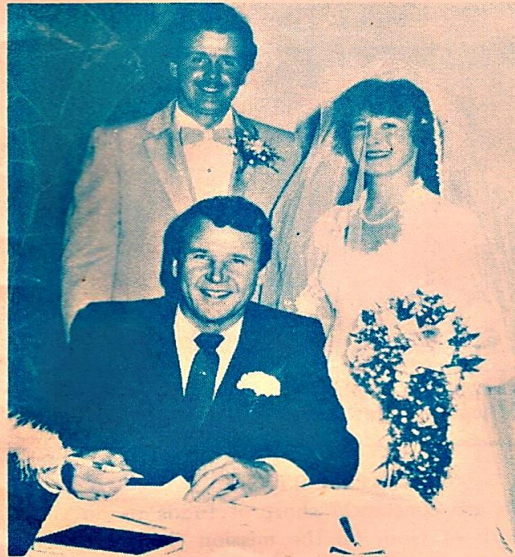
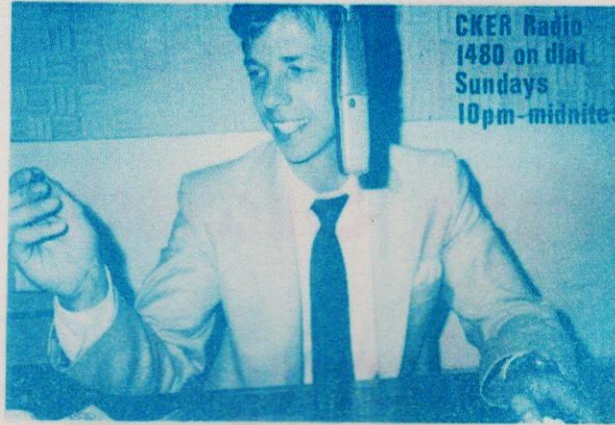


Helpful Hints For a Successful Marriage !



By Max Solbrekken



Pastor Ken Solbrekken hosts
"Nightwatch" talk show !



Pastor Max Solbrekken, Douglas Layton &
officers of New Life, Oslo Norway in India.

IMPORTANT !

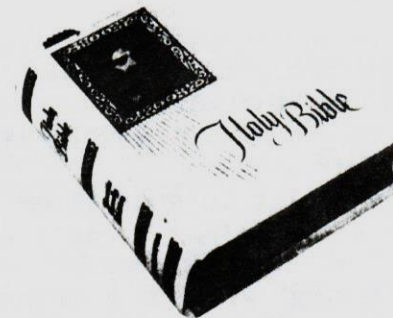
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HELPFUL HINTS FOR A SUCCESSFUL MARRIAGE!

After 20 years in the Gospel ministry; pastoring, evangelizing and counselling many people with marriage problems I have compiled a concise and yet adequate list of Do's and Don'ts to leave with newly weds as well as older married couples,

It is my sincere belief that if this simple, straightforward, **'Recipe for a Happy Marriage'** is adhered to, most problems involving marital strife will come to an end shortly.

1. KEEP GOD IN YOUR LIVES

There is an old song that says it all: "With Jesus in the vessel, we can smile at the storm", and that includes the storms of married life!

Without Christ in your lives you will have a hard time; I can't even imagine how anyone would even attempt "living" without a personal relationship with Jesus Christ! How drab and empty life must be without God's presence in the home, His love in the hearts and His blessing in the lives of people!

Some people live such terribly fractured lives with nothing but agony, pain and war, between family members.

Certainly even Christians people have disputes, arguments and problems, but with a common belief in Christ and a mutual desire to serve the Lord, arguments soon are solved and differences rectified.

The Bible says, “how good it is for brethren to dwell together **in unity** (Ps.133:1). This applies also to husbands and wives as well as other family members!

CHRIST IS THE HEAD OF THE HOUSE

The husband is the head of the wife, but Jesus Christ is the head of the man. (Gal. 5:23)

A Christ man would never belittle, downgrade, demean, put down or in anyway harm his wife since he must treat her as Christ Jesus has treated the church; **WITH LOVE, COMPASSION & TRUST!**

As long as Christ is in your lives, I repeat, the problems you face will be all remedied and solved. **Keep the Bible as the guide for faith and morals and prayer as the avenue to victory**

STAY CLOSE TO THE PASTOR AND THE CHURCH

May your lives be centered around Jesus Christ, the Bible and the church. As long as people are faithful to God and His gospel, loyal in church attendance, prayer and witnessing, **they usually stay on track in their marriage too.**

In over 20 years of counselling marriage partners, I have found that **the number one factor in family problems always has its roots in a deteriorating relationship between the couple and the church.** They have allowed their grip on spiritual things to lessen; prayer, Bible reading tithing, witnessing and church attendance has taken second place.

**THEN CAME BACKSLIDING WITH ALCHOHOL,
TOBACCO, PARTIES, DRUGS,
FIGHTS,
UNFAITHFULNESS AND FINALLY
DIVORCE!**

But it all started with a breakdown in spiritual commitment to God. Let me advise you; stay close to the Pastor & the church as you seek to live for God and **have a Christian home, training your children in the ways of God!**

Remember always, Keep God in your lives. That is the most important!

11. REMAIN THE BEST OF FRIENDS!

In many instances, when young people meet and fall in love, they become inseparable. Daily by telephone or letter, they share the many details of their lives and become **THE BEST OF FRIENDS.**

They are like two peas in a pod. In many cases, they are compassionate, caring and understanding of one another.

THEN THEY GET MARRIED AND THE FRIENDSHIP OFTEN SEEMS TO HAVE ERODED AND THEY ARE ONLY LOVERS, **but not friends.**

They choose their own friends in which they confide and tell their problems to and soon a rift develops

A RIFT WHICH COULD HAVE BEEN PREVENTED IF HUSBAND AND WIFE WERE GENUINELY CONCERNED FOR THEIR SPOUSE, AND STILL FRIENDS AS WELL AS HUSBAND AND WIFE!

No two people should be as close to each other as husband and wife. There should be an **INSERTABLE BOND OF FIDELITY TRUST, ADMIRATION AND COMPASSION BETWEEN THEM.**

When lovers marry, why cannot this bond of **unselfish caring and sharing** continue as a genuine Bond?

It can and must, in order for the marriage to flourish and grow!

That does not mean that each person in the relationship cannot or will not develop

friendship with others, like business associates, work mates, neighbours or relatives.

Certainly, each person is an individual and will have people they come to know well or long-time acquaintances that go back to their childhood, but I am referring specifically about spending time talking to one another and confiding in each other on a “**most-trusted friend basis**”.

In this way, you will share the **pains of defeat** and the **joys of victory** together, in all your ventures and undertakings.

In order to be the best of friends, you must always have the lines of communication **OPEN**. Talk things over, and don't close up or try to punish yourself or your mate by foolishly **refusing to discuss** whatever problems or situation arises.

Air your feeling and be reasonable in **listening to the other side in an objective way**. In all things, remember to be UNDERSTANDING, FORGIVING, and ready to HELP YOUR PARTNER improve.

111. STAY SWEETHEARTS ALWAYS!

A great preacher once said, “If you marry in the Lord, you can remain **sweethearts** throughout your entire life”, and advertisement state, “**DIAMONDS ARE FOREVER**”.

Diamonds rings and wedded bliss always seem to go hand in hand. Just as diamonds are of **lasting value** and even increased in monetary and sentimental value, so it is with marriage.

Some years ago, I coined the phrase, “**True Love Never Tarnishes, But Rather Brightens With Age**”.

LOVE IS ETERNAL, LOVE IS FOREVER AND LOVE IS THE STRONGEST FORCE present in this WICKED, OLD WORLD! WHY IS THIS SO? Simple and plain; **because God is Love!** (John 4:8)

There is also another reason: We were created in the image of God; however, Adam and the human race abdicated their position through sin, disobedience and rebellion!

We, however, receive God's love in each of our hearts personally and our human love is expanded to include Godly or Agape love.

LOVE MAKES THE WORLD GO ROUND

In my position and calling as a Pastor, I have certainly seen a lot of strange things. One thing that is very remarkable is how **BLIND** love really is! A young couple will desire to see me in the office. They want to tell me something very important.

They are in love and want to know that they are planning to get married and would like some **ADVICE** and **COUNSELLING**.

The young lady may be the most beautiful, sweet little thing and he may be really **CRUDE** and **DOWN RIGHT UGLY** (sometimes it's the other way around) and when he leaves she turn to me and says, **Isn't he a doll?"**

Wouldn't it be wonderful if love could remain that innocent, precious, sweet and blind?

It has been said, “**Love makes the world go round**”! How true in more ways than ONE! Not only do lovers get ‘tarry eyed, silly and even lovesick’ when bitten by the bug, but the kind of love we are seeing today, makes the **World Spin Out of Control**.

Millions of heart broken husbands, wives, and especially children, are casualties in what I call the **Love-Hate Syndrome** of insecure, selfish and narcissist people, who think only of themselves and what sensual pleasure they can derive out of marriage!

NOT EVEN TRUE LOVE COMES EASY

Any goal that is worth **achieving** is worth working for: pragmatically, systematically and diligently!

It takes hard consistent work; considering your partner’s feelings, preferring his or her happiness before your own, going out of your way to please your spouse and living primarily to make your family happy, will do more for your marriage, **THAN ANYTHING ELSE!**

St. Paul writes, Be kindly affectioned one to another with brotherly love; in honour preferring one another; (Romans 12:10).

This does not work only among the Ministering brethren and the church members, but also between husband and wife and among the children as well.

Sometimes it is difficult to take the time to show that special affection to your husband or wife, when you are tired, discouraged or sickly, **but it is worth it!** On the other hand it takes God's grace to understand your partner's moods when he or she is untalkative, unromantic and even depressed.

Your duty then, is to go to his or he rescue and solve the problem with understanding, conversation, good common sense and **Tender Loving Care!**

Especially when you both get older, you must remain youthful in your mind and don't let the tenderness, warmth and sweet romantic atmosphere move out of your lives.

Stay sweethearts forever!

1V. SAY AND DO NICE THINGS TO AND FOR ONE ANOTHER.

Some men feel it is not manly to be nice to his wife in public and especially in the presence of other men, even if he is tender and caring to her in private.

This is a very foolish attitude! It will hurt you both and affect your marriage.

There is a foolish new fad among young people today; that of using sarcasm toward each other. This approach is popular among sweethearts and young married couples.

Often, these jokes backfire, and people get hurt! Making jokes at the expense of your partner leaves scars, question marks and produces fertile grounds within people's mind for Satan to plant insidious lies and lingering doubts about that person's intentions, fidelity, or true love.

Do not be foolish; Drop sarcasm from your vocabulary; even if it is said jokingly or lovingly. **It could produce side-effects that are unpleasant.**

Whether in private or public, in the presence of your partner, or in his absence, do not say or do things that **degrade, irritate or undermine him or her.**

Always say and do things that build his or her image and **helps to cement your relationship** rather than deteriorate it!

Never forget to **be kind** to one another, Remember special days; like birthdays, anniversaries, flowers, gifts, love notes, or cards.

All these things certainly helps to keep the flame of love burning bright. **Never stop touching, holding hands, kissing or smiling at one another.**

Acts of kindness, words of encouragement and a pleasant attitude with good-natured humor, goes a long way to keep a marriage sound, successful and happy!

1V. DON'T BE SELFISH, STINGY OR DOMINERING!

Many men as well as women have problems with selfishness! Only interested in themselves with very little concern for their partner. This is one of the “trouble makers” in a marriage.

SEPARATE BANK ACCOUNTS & SEPERATE BEDS.

“This is mine and that is yours!” This also can lead to jealousies and suspicion between husband and wife. Often husbands will leave their wives with the little children while they spend **“time with the boys.”**

Many times it leads to drinking, carousing and gambling. The wife sits at home **heartbroken**, and then the trouble begins in earnest.

A wife sometimes wants to much; her elegant clothes and new accessories, that her husband and children suffer because she has a strong desire to go in excessive buying sprees.

Then money becomes a problem as they are “short” and arguments arise over how much money they need for the essentials, and where are they to get sufficient funds to pay the rent, etc.

SOMETIMES HUSBANDS ARE VERY STINGY

There are times that we find husbands who are **so tight and stingy** that they will not allow their wives enough money to buy groceries for the family.

That certainly is not good and his partner feels cheated; Expected to do the job of feeding and clothing her family without enough finances to do so.

It is very wise for couples to get counselling from their Pastor and his wife on how to budget their money properly.

My advice to both husbands and wives: **DO NOT BE STINGY WITH YOUR AFFECTION TO ONE ANOTHER OR YOUR TIME OR MONEY. BE GENEROUS WITH YOUR TIME OR MONEY. BE GENEROUS WITH YOUR KISSES AS WELL AS YOUR FINANCES.**

V1. **DON'T BRING UP THE PAST MISTAKES OF YOUR PARTNER!**

All marriages will have a certain amount of adjustments to make and there will be times of **disagreements** in any marriage, regardless how good it is!

It seems inevitable that there will be **times of conflict**, however the secret is to rectify the problem **immediately**! Do not seek to continue the battle or refer back to the disagreement.

Settle the dispute as soon as possible and make things right with God and each other! Then don't hold any grudges and don't bring the subject up again. Let it remain where it belongs - IN THE PAST, FORGIVEN AND FORGOTTEN!

Some couples, constantly in the heat of an argument resurrect **old boyfriends, girlfriends or former mates**; My advice to you is, Don't do it, it will bring nothing but discord and wounds that are difficult to heal!"

V111. **DO NOT WASH YOUR DIRTY LINEN IN PUBIC!**

If you have internal problems in the marriage, settle it **internally**. Do not involve outsiders unless it is absolutely necessary. THEN LET IT BE THE PASTOR WHO W YOU TELL YOUR STORY OF GRIEF TO; NOT YOUR NEIGHBOUR!

After the little battle is over and you have made up you will be glad you haven't broadcasted your troubles.

Now I have known of some cases where a faithful little wife submitted to her husband and refused to share with her parents or the Pastor that she was being abused physically to the extent she was afraid her husband would kill both her and the children in a drunken rage!

Now something like this should be reported without delay.

Usually however, the couple's love for each other will win over obstinence ,

stubbornness, jealousies and pride. In these cases the problems will solve themselves.

In conclusion, always remember to:

- 1) Keep God in your lives.
- 2) Stay Best of Friends.
- 3) Remain Sweethearts always.
- 4) Say nice things and do nice things to and for one another.
- 5) Don't be Selfish, Stingy or Domineering.
- 6) Don't bring up the past mistakes of your Partner.
- 7) Don't Wash your Dirty Linen in Public.

And finally, work together in every area: budgeting, rearing the children, scheduling vacations, visiting friends and relatives. Any couple following this advice will **MAKE IT!**



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MAX SOLBREKKEN - BOX 2424,
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Geraldine Rideout was miraculously healed of Osteo Genesis Imperfecta in 1968 when Max Solbrekken prayer for her. She now travels and gives her testimony, of the miracle the Lord has preformed in her life.