

*Making Your
Marriage Better*



DR. LASHAWNDA LOVE

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Introduction: Making Your Marriage Better

Marriage is a special relationship, but it's not always easy. Sometimes, couples run into problems that can make things tough. This ebook is here to help you understand these common problems in marriage and show you how to fix them.

Why It's Important to Know About Common Mistakes

Before we get into the details, it's important to know that every marriage has its good and not-so-good times. Recognizing these challenges is the first step in dealing with them. By understanding and fixing these common mistakes, you're not admitting defeat; you're showing that you want to make your relationship stronger.

A strong marriage isn't one that's never had problems; it's one that's faced problems and come out better. It's all about love, forgiveness, and learning and growing together.

Using the Bible to Help

In this ebook, we'll talk about three common mistakes that many couples face. We'll use wisdom from the Bible to help you understand how to avoid these problems and make your marriage even better.

The Bible is like a wise friend. It gives great advice about love, forgiveness, talking with each other, and how to build a strong relationship based on your faith. By looking to the Bible, you're getting advice that's stood the test of time.

In the chapters ahead, we won't just talk about what the Bible says. We'll also give you simple advice and share real stories from couples who've gone through tough times and come out happier. We hope this ebook gives you hope and good ideas for making your marriage stronger.

Let's start this journey together. We'll help you avoid common mistakes and build a marriage that makes you happy and honors your faith.

Chapter 1: Why Talking Matters (And How to Do It Right)

In our journey to make marriages better, let's start by talking about something we all do: communicating. It's something we do every day, but sometimes we don't do it as well as we could in our marriages.

Why Poor Communication is a Problem

Imagine trying to build a puzzle without all the pieces or driving a car with a broken GPS. That's what poor communication feels like in a marriage. It's like not having all the information you need or not knowing where you're going together. It can create confusion, frustration, and distance between you and your spouse.

What the Bible Says About Talking

The Bible has a lot to say about how we talk to each other, and it turns out it's pretty important. In Ephesians 4:29, it says, "Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear." That's a fancy way of saying that our words should be kind and helpful, not hurtful.

Proverbs 15:1 says, "A gentle answer turns away wrath, but a harsh word stirs up anger." This means that speaking gently and calmly can calm down tense situations.

How to Improve Communication

Okay, now that we know why talking matters, let's talk about how to do it better. Here are some practical tips:

1. **Listen Actively:** It's not just about talking; it's about really hearing what your spouse is saying. Put away distractions, look them in the eyes, and show them you care about what they're saying.
2. **Use "I" Statements:** Instead of saying, "You never listen," say, "I feel hurt when I don't feel heard." This way, you're expressing your feelings without blaming your spouse.
3. **Stay Calm:** When things get heated, take a deep breath. Responding in anger or frustration often makes things worse. Remember Proverbs 15:1.
4. **Set Aside Time to Talk:** Life can get busy, and it's easy to forget to check in with each other. Make it a habit to sit down and talk regularly, even if it's just for a few minutes.

Real-Life Stories of Better Communication

Let's not forget that real people have improved their marriages through better communication. Take Sarah and John, for example. They used to

argue a lot because they felt like they weren't heard. But they decided to listen more and speak kindly to each other. Over time, their arguments became discussions, and they felt closer than ever.

So, here's the deal: poor communication can harm a marriage, but good communication can make it stronger. Remember those Bible verses, listen to each other, be kind in your words, and take time to talk. Your marriage can transform, just like Sarah and John's did.

Chapter 2: Why Spending Time Together Matters (And How to Make It Happen)

In our quest to strengthen marriages, let's dive into something we can all relate to: spending quality time together as a couple. It's something we often overlook, but it can make a big difference in our marriages.

Why Neglecting Quality Time Causes Problems

Think of your marriage as a plant. Just like a plant needs sunlight and water to grow, your marriage needs time and attention to thrive. When we neglect spending quality time with our spouse, it's like leaving that plant in the dark. Over time, it withers, and the bond weakens.

What the Bible Says About Quality Time

The Bible has some beautiful passages that remind us of the importance of spending time together. Take Ecclesiastes 4:9-12, for instance. It talks about the strength that comes from being together, saying, "Two are better than one... a cord of three strands is not quickly broken." It means that when you're together, you're stronger.

Song of Solomon 5:16 is another lovely verse. It says, "This is my beloved, this is my friend." It shows that in a loving marriage, your

spouse is not just your partner but also your best friend. Friends spend time together, right?

How to Reconnect and Prioritize Quality Time

Now, let's get practical. Here are some simple ideas to help you spend more quality time together:

1. **Schedule Date Nights:** Life can get busy, so make a date night a regular thing. It could be a simple dinner at home, a walk in the park, or a movie night. Just set aside time to be together without distractions.
2. **Put Away Screens:** When you're spending time together, put away your phones, tablets, and other screens. It's hard to connect with your spouse if you're always checking your messages.
3. **Share Hobbies:** Find a hobby or activity you both enjoy. Whether it's cooking, gardening, or dancing, doing things together can be a lot of fun.
4. **Talk About Your Day:** Take a few minutes each day to ask your spouse about their day and really listen to their response. It shows that you care.

Real-Life Stories of Reconnecting

Let's not forget that real couples have revived their marriages by spending quality time together. Meet Lisa and Mark. They used to be so

caught up in their jobs and chores that they hardly spent time together. But they decided to change that. They started taking evening walks, talking about their day, and even cooking together. Their connection deepened, and they felt happier together.

So, here's the deal: neglecting quality time can cause problems, but making an effort to be together can make your marriage stronger.

Remember those Bible verses, schedule date nights, put away screens, share hobbies, and talk to each other. Just like Lisa and Mark, your marriage can thrive when you prioritize time together.

Chapter 3: Why Forgiveness Matters (And How to Make It Happen)

In our journey to strengthen marriages, let's talk about something crucial: forgiveness. It's something we all need, but sometimes we find it hard to give. However, forgiveness has the power to heal wounds and make our marriages stronger.

Why Not Forgiving Can Be a Problem

Imagine holding onto a heavy bag of stones. Each stone represents a hurt or grudge you're carrying. Over time, that bag becomes too heavy to bear, and it weighs down your marriage. Not forgiving is like holding onto those stones. It can create distance, resentment, and pain.

What the Bible Says About Forgiveness

The Bible has some powerful words about forgiveness. Colossians 3:13 tells us, "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." It means that we should forgive others just as God forgives us, with love and compassion.

Matthew 6:14-15 says, "For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins." It reminds us of the importance of forgiving others if we want to receive forgiveness ourselves.

How to Embrace Forgiveness

Now, let's talk about how to forgive and heal. Here are some simple steps:

1. **Acknowledge Your Feelings:** It's okay to feel hurt or angry when someone has wronged you. Acknowledge your emotions; don't bury them.
2. **Talk About It:** Have an honest conversation with your spouse about what happened. Share your feelings, and listen to their side of the story too.
3. **Choose to Forgive:** Forgiveness is a choice. Decide to let go of the hurt and resentment, not because the other person deserves it, but because you deserve peace.
4. **Seek Help if Needed:** If forgiveness feels too hard, consider seeking help from a counselor or therapist who can guide you through the process.

Real-Life Stories of Transformation

Real couples have experienced remarkable transformations through forgiveness. Meet Sarah and David. They had a big argument that left them both hurt and distant. They decided to talk things out, and after a lot of tears and conversations, they chose to forgive each other. Their marriage became stronger, and they learned to communicate and understand each other better.

So, here's the deal: not forgiving can harm a marriage, but embracing forgiveness can make it stronger. Remember those Bible verses, acknowledge your feelings, talk it out, choose to forgive, and seek help if needed. Just like Sarah and David, your marriage can experience a beautiful transformation when you embrace forgiveness.

Conclusion: Making Your Marriage Stronger with God's Guidance

As we wrap up our journey through this ebook, let's take a moment to reflect on what we've learned about improving our marriages and how scripture plays a vital role in this process.

Summarizing What We've Explored

In this ebook, we've talked about three common challenges in marriage: poor communication, neglecting quality time together, and failing to forgive. We've seen how these issues can harm a marriage and how practical steps, combined with wisdom from the Bible, can help us overcome them.

The Role of Scripture in Healing Marital Mistakes

Throughout our discussion, we've turned to scripture for guidance and inspiration. The Bible offers timeless wisdom on love, forgiveness, communication, and the importance of a Christ-centered foundation. It's like a faithful compass that points us in the right direction when navigating the complexities of marriage.

Applying These Lessons to Your Marriage

Now, it's time to take what we've learned and apply it to our own marriages. Remember the importance of effective communication, quality time together, and forgiveness. Use the Bible as your guide, drawing strength and wisdom from its verses.

As you embark on this journey to strengthen your marriage, seek God's guidance and ask for His help. Pray together with your spouse, and let your faith be the cornerstone of your relationship. Know that you're not alone on this path; God is with you every step of the way.

In closing, may your marriage be filled with love, understanding, and grace. May you find the strength to overcome challenges and the wisdom to nurture a bond that honors God and brings joy to your lives. Your marriage is a precious gift, and by embracing these lessons and seeking God's guidance, you can make it even more beautiful and enduring.

Thank you for joining us on this journey, and may your marriage be blessed abundantly.

Lashawnda
SHIRÉE
I AM ME





Lashawnda Shiree Love is a multifaceted individual who wears many hats. She is a wife, mother, entrepreneur, business owner, minister, community service provider, author, ghostwriter, YouTube Vlogger, makeup artist, and gospel recording artist. Lashawnda is the CEO of Intellectual Designs by Lashawnda Love, a Social Media Marketing company. She has created magazines for Mogul Leaders Magazine, N.B.Q Magazine, and numerous graphics for K.I.S.H. Magazine. In addition, she creates websites, social media content, and social media training. She is a digital creator and has her own Cosmetics line called “Lashawnda Shiree.”

Lashawnda is a Life Coach & Mentor over "Let's Talk About it." She has her Doctorate in Christian Counseling and is a Therapist at Clearpath and Professional Associates HealthCare of Georgia. She is the visionary behind B.A.B.Y. Ministry (Becoming A Better You). Lashawnda's desire is that souls are saved, marriages are healed, and chains are broken. She believes that it's important for everyone to tap into their superpower so that they can continue this cycle of salvation, healing, and breaking chains. Lashawnda helps others accomplish this by providing life-altering services such as counseling, mentoring, and life coaching.

Lashawnda understands the importance of being in a healed place because she has had two failed marriages. She has been battered and abused, but she overcame it all. Both unions have taught her so much about life and herself. Lashawnda learned that she has many chains and cycles that must be broken, and that she must be healed and delivered. Through her deliverance, God sent her husband David Hassan Habbi Love to find her on January 7, 2022, and on March 29, 2022, he made her his first and only wife. Lashawnda's goal is to promote the kingdom of

God through Praise and Worship, help broken and battered women, and continue to "So let my light SHINE!"

Lashawnda is also a talented singer and songwriter who has released several singles, including "The Perfect Gift," "Because of who you are," and "Silent Night." She is also the author of the ebook "A Guide to Winning the War Against a Narcissist," the book "Rock your Spouse World 7 days out of the Month," and the agenda "Just a Girl who Survived and Decided to Build her Empire." Lashawnda and her husband has created journals and a T-shirt line called "The Loves Collection," which includes me and my husband Journals, "Black Love Matters," and "I am Black History.

You can connect with Lashawnda on various social media platforms such as Facebook, Instagram, YouTube, Tik Tok, and Clubhouse. You can also visit her websites or contact her through email or phone. Lashawnda's ultimate goal is to keep birthing every vision that God has given her, and she believes that the sky is genuinely the limit.

You can connect with us on all the following Media Platforms

Facebook: Lashawnda Shiree Love

Facebook Business Page: Intellectual Designs by Lashawnda Love

Instagram: LashawndaShireeLove

YouTube: Lashawnda Shiree Love

Tik Tok: Dr Lashawndalove

Email: llove@lashawndashiree.info

Phone Number: 334-232-9281

Website: www.lashawndashiree.info

Website: www.payhip/lashawndashiree

Website: www.lovescollection.com

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