

10 Keys to a More Loving Relationship

(based on the book, *The Wholehearted Wife* by Erin, Greg & Gary Smalley)

1. **Honoring: the value of a diamond** — learn how to treat your spouse the same way you would value something rare and expensive
2. **Nourishing: honor in action** — what you do every day to communicate how valuable your spouse is to you
3. **Accepting personality & other differences** — understand each other's unique design, and allow your spouse the freedom to be who God made them to be
4. **Connecting spiritually: relating at the soul level**
5. **Fostering communication** — get past surface-level, “business meeting” type communication. Learn how to share matters of your heart
6. **Connecting sexually**
7. **Resolving conflict in a healthy manner** — believe it or not, this is a doorway to greater intimacy in your relationship
8. **Defusing anger** — which is much like taming volcanoes!
9. **Forgiving** — discover how to set yourself and your spouse free from past mistakes
10. **Transforming life's trials into blessings: treasure hunting** — look for the good God wants to teach you through difficult life circumstances