

The article titled, “9 Secrets From a 73-Year Marriage” (Article posted @ Facebook and Twitter) is the best Marriage Advises I have ever hear! It is so wonderful to see a man and a woman together for that long. I am even more impressed with a 94-year old wrote a book. The article states:

After 73 years of marriage, 94-year old Barbara Cooper knows how to get through matrimony’s rough patches. The author of “Fall in Love for Life” shares her hard-earned wisdom.

On making time to make love

“I don’t understand couples who say they are too busy or too tired to sleep together. Unless they are building roads all day or running a multi-national corporation, I expect they have just lost sight of priorities. If you wish to stay connected and happy in your marriage, my advice to you is to never be too tired or too busy to feel love for your partner. When your life is nearly over, you will regret it if you look back and recall too many nights when you made excuses instead of making love.”

On bickering

“The most important thing for any couple trying to get along is to think before you speak. If you are bickering and find that you are getting angry, take a deep breath and change course, and ask your partner to do the same. Try saying something conciliatory like, ‘I don’t know why this is making me so upset, but it is, so can you just humor me and help me get over it?’ By simply admitting you are losing your cool, you may find that the anger quickly dissipates.”

On greeting your partner

“If you want your relationship to survive and to thrive, you will have to train yourself to focus most of your attention on the person you love. When your sweetheart comes into the room, whether it’s just from taking care of some chores in the garage or from a long day at work, your job is to put down whatever you’re doing, look him in the eye, and verbally express your delight at seeing him again. It’s really so little to ask, and delivers so much — to both of you.”

On having affairs

“Some people have affairs because they tell themselves that they deserve more attention than they get at home. Or maybe they get annoyed because they feel that all of their needs aren’t getting met by their partner. Well, whoever told them that one person could meet their every need? You can actually live quite comfortably without having all of your needs met. Try thinking about it that way; you might be surprised how liberating it is. You are not perfect, and neither is your partner, but you can make a very pleasant life together if you are both serious about providing the love and support that go along with a marriage.”

On going from lovers to parents

“It’s true that when your babies are small, there isn’t much time left over for romantic gestures. But the wonderful thing about romance is that it is the quality, never the quantity, that matters. So when the baby is napping, throw a blanket on the living room floor, slice some peaches or plums or whatever you have in the house, pour a glass of something bubbly, and enjoy a mini picnic. Write love notes to each other and slip them in between the clean diapers. Be creative, and if you want your love to flourish, it certainly will do so.”

On overcoming money problems

“The most important ingredient for getting through tough economic times is *THE TRUTH* — it’s so important it should be capitalized and italicized. So this means that if you have any financial secrets you are keeping from your partner, you must put them on the table. Doesn’t that sound scary? I am sure it does, but as with so many unpleasant things that only get bigger and stronger in the dark, these secrets have a funny way of shrinking in the light of the truth. And as they get smaller, your stress and worry will fly away. There’s never a better time to be honest with your partner and yourself and make a plan for dealing with your debts and your excess spending — together. I promise, you will not regret it.”

On tuning in to your partner

“I think the place where good marriages break down is when one or both parties begin to take the other person for granted. And yet it’s understandable that this happens. Life is complicated and can be exhausting, so there is always a temptation when you get home to just tune out, because home is one place where you should feel safe enough to let your guard down this way. But there’s a difference between relaxing and disengaging, and while relaxing is a healthy way to recharge your psychic and spiritual batteries, disengaging is a drain on you and your relationships. Nothing is more important than that you recognize the difference and stay present for all the people you love.”

On bringing up the past

“The most important lesson I can teach you from our happy marriage is that we did not rehash. If something was unpleasant, we got through it, handled the fallout, and did not bring it up again in happy times. So we both knew that once a problem was solved, that was it — we would not have to answer for it again, at least not in its current form. And knowing this, we could give all our attention to fixing the problems that came along, because once they were fixed, we could forget about them, which is a very wonderful feeling.”

On Controlling your anger

“Have you ever noticed that you can’t spell dangerous without anger? I’m no linguist, but I don’t think that’s a coincidence. When you’re ready to blow, you might say anything hurtful, things you would normally spare the person you love from hearing. Don’t say something you’ll regret forever. Don’t give your partner an excuse to come back to you with his or her own resentments. Instead, find a way to get your anger under control. For myself, I simply run through my mind a short movie of how foolishly I have been acting. You may have better luck singing a silly song, or patting your head while rubbing your tummy, or doing whatever little trick helps bring you outside of yourself long enough to regain control.”

The article is the perfect companion for:

LOVE, MARRIAGE, VIRTUOUS

(Excerpt from “Love Affair”)

Song of Solomon 1:2-4

Love always starts at attraction. Do not marry anyone you are not attracted to. Attraction is the glue that holds marriages together. Attraction will make you wake that person up in the middle of the night. You want to touch that person. You want to please that person.

Song of Solomon 1:5

Men like independent women. Men like strong women. Being strong and being strong willed is two different things. The problems comes in when women are strong willed.

Song of Solomon 1:7

God designed men to be warriors. One of the characteristics of a warrior is a hunter. Men must do the pursuing.

Respect is very important to men. He needs to receive it and he needs to give it. A man has to respect the woman. Because he is a warrior respect is what keeps the warrior in check.

Song of Solomon 1:9

We must learn and know whom we are dealing with. We must learn the other person's likes and dislikes. We must learn how to please each other.

Song of Solomon 1:15

A woman's appearance is very important to a man. It is not talking about beauty. It is talking about a woman taking care of herself. She cannot take care of someone else unless she takes care of herself first.

It is talking about how a woman carries herself. It is talking about how she conducts her business. It is talking about her conversation. Men like smart women. It is talking about she has something significant to say when she opens her mouth.

Song of Solomon 2:4

From all of that a man cannot help but fall in love with the above woman. What does love have to do with it? Everything! Love is when you know you have the core of the man.

Song of Solomon 2:7

Why buy the cow if you can get the milk free? A woman cannot have sex with a man until he marries her. This does not mean that he is not going to try. The kisses of 1:2 will show a man if you are passionate. You can do a whole lot with a kiss.

A man just needs to know that passion is there and that you will. Sex is very important to men. Passion is another glue in marriage. No one can compete with pillow talk.

Song of Solomon 2:12

Men and women have to be able to have fun together. They have to enjoy each other's company. They have to want to be together.

Song of Solomon 2:14

Men and women have to be honest with each other. Bring everything to the table, good and bad. It is better to tell someone than for them to find out about it.

Song of Solomon 2:15

Keep people out of your relationship. If there is a problem the two of you need to talk about it. Do not talk about your relationship with anyone else. The Holy Spirit is the only Person you need to talk about your relationship with.

Song of Solomon 3:5

This reiterated do not have sex before you get married. Men tend to lose interest once they get what they want. Not having sex actually gets you married quicker.

Song of Solomon 4:1-5

Once you are married keep your appearance up. Again appearance is very important to men. People do change over the years, but the changes should not be from not taking care of ourselves. That goes for both men and women.

Song of Solomon 4:8

In a marriage you must become One. Being One is not being like each other. Being One is going in the same direction.

If both of you agree on everything one of you is not necessary. The man needs to see what the woman cannot see and the woman needs to see what the man cannot see. That way all aspects of your marriage are covered.

Song of Solomon 4:16

The honeymoon is to be the first time that a couple comes together sexually. Coming together sexually takes the relationship to another level. Talk about sex. Tell your husband or wife what you like or what you do not like.

Never use sex as a weapon. When you start using sex as a weapon you start losing trust. With children, extended families, family and work we always sharing our husbands or wives with someone else. Sex is the only thing that is exclusive in a marriage.

Song of Solomon 5:2-3

Do not refuse your mate sex. If you are tired or just do not feel like it make a date at that moment to have sex at another time and keep it. Always go to bed prepared for sex even if you are not planning on having sex. Good hygiene is another important aspect of sex and taking care of ourselves.

Song of Solomon 5:9-16

One thing couples have to learn in a marriage is how to get back to love. You will go to hate at some point in your marriage. Couples divorce because they do not know how to get back to love.

Love has to be there in the first place for them to get back to it. Find where your point of love is and know how to get back to it.

Song of Solomon 6:2-3

In a marriage we must allow people to be who they are. When we are insecure we are not able to do that. Security comes from us being secure in ourselves first. Security in ourselves brings confidence.

Song of Solomon 6:5-6

Couple must never stop growing, as a couple and as individuals. The changes in us must only be from growth. That is why we must be whole or at least on our way first before we come together with someone else.

Song of Solomon 6:8-9

Men and women must be so unique within themselves that no one can compete with them. Men and women must stay interesting. Men and women must stay active.

Song of Solomon 6:12

Couples must forgive each other. No one is perfect. Never stop communicating. When something happens talk about it immediately. Right, wrong or indifferent if that is the way you feel that is the way you feel and we must respect how each other feel. Forgive and let it go.

Song of Solomon 7:1-10

For the third time appearance is very important. Appearance keeps the attraction and the passion in the marriage. Couples are also representing each other. When someone sees you they are also seeing your husband or your wife.

Song of Solomon 8:1-3

Couples must not be ashamed to show affection toward each other in or outside of the home. It is good for children to see their parents showing affection. It gives children an example of what a couple should be like.

Song of Solomon 8:7

True love is the sign that God is in your marriage. God is Love. Our marriage should be a reflection of our relationship with God through the Holy Spirit. It takes God to make your marriage last.

Song of Solomon 8:10

A man gives a woman a polish that she could never give herself. A marriage is the only way that a woman gets to Virtuous. A woman cannot be Virtuous without a Covering. Her Covering can only come from her husband.

Song of Solomon 8:14

The Ultimate Marriage is with the Ultimate Bridegroom. The Bridegroom is Jesus. The Bride is His Church. Jesus longs to Re-unite with His Bride.

MARRIAGE IS VERY IMPORTANT TO GOD.

“Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.” (Hebrews 13:4)

GOD ORDAINED MARRIAGE FOR A MAN AND A WOMAN.

“And the Lord God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof; And the rib, which the Lord God had taken from man, made he a woman, and brought her unto the man. And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man. Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.” (Genesis 2:21-24)