

# SCRIPTURAL MEDITATIONS

*& practical  
tips*

*for*



# Your Marriage

**KEMI OYEDEPO**





**Scriptural  
Meditations  
For Your  
Marriage**

*& practical  
tips*

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# **Acknowledgement**

The Holy Spirit, who is my teacher, my helper, my comforter and my guide. I remain grateful for Your inspiration and empowerment.





EQUIPPING YOU. EDUCATING YOU. ENRICHING YOUR FAMILY LIFE.

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Beloved,

Thank you for downloading this resource.

I have a strong passion for marriage and family life and I am constantly on a quest to do what I can to help families stand. I have learnt on my own personal journey, that no marriage can stand without God's Word. The Scriptures rightly tell us that every house is built by someone but God is the builder of everything (Hebrews 3:4). So while God's input is absolutely necessary, He cannot build our homes without our cooperation.

I want you to know that His Word is one of the most critical weapons required to build your home. This means that studying the Word, meditating on the Word, and praying with the Word are vital steps to keep your home standing. In fact, I don't think anyone should consider these steps as optional for He upholds all things, including marriage, by the Word of His power (Hebrews 1:3).

One of my reasons for compiling these scriptures for meditation (and of course, for application) is to help you, not just to grow spiritually as an individual but also to help you keep your home in order. When we meditate on the Word and allow it to dwell richly in us (Colossians 3:36), everything about us will be guided by the word.

I chose many of these Scriptures based on some pillars that I believe are important to keep a home standing. I know you can think of other pillars however, I can guarantee that whatever pillar you think of is in some way linked to the ones I present to you.



There is one very important pillar I did not include in this resource; sexual intimacy. I wanted to avoid repetition because there is a series I compiled titled *Sex and Sensibility*, which is available on the Crisis Proof Your Family website. Please locate it under the resources tab. I believe you would find it helpful.

I have also included some practical tips to aid your understanding and application. This is just to help you in case you are not sure of where to begin.

***A word of caution:*** While studying these Scriptures, I ask you to please focus on the changes or adjustments you need to make personally, not on the flaws or shortcomings of your spouse. Don't be self righteous. You will not see the changes you desire in your home if you do not take a personal approach.

Please note that every counsel I present to you in this resource is to guide you. If you need help for your own specific situation, I advise you to prayerfully seek godly counsel from a source you can trust. As you do, I trust God to send you answers of peace.

I am excited for you! Marriage was created for our good and I trust God that you and I will not miss out on the goodness in it. I pray that the Word of God you receive and apply will work wonders in your home in Jesus' name. Amen.

I wish you God's best in your marriage and family life!

Be assured of my prayers for you,

**Kemi Oyedepo**





*Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom  
~James 3:13~*

Wisdom is one of the most critical tools required for the building of a home. In fact, the stability of any home is determined by the wisdom expressed by the individuals there. No wonder the Scriptures tell us that it is by wisdom that a house is built (Proverbs 24:3), and Jesus speaking in Matthew 7:24-27, said:

*"Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock. And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it."*



What a powerful word! For any home to be built well and kept standing, wisdom is not negotiable. Where there is a display of foolish behavior by a husband or wife, it would only lead to the destruction of that home. To avoid destruction, Jesus tells us two critical things are required: *hearing* and *doing*.

Many hear; very few do. Sometimes, when I am privileged to counsel, I have found that either the husband or wife actually KNOW what to do, however they refuse to do what they know. Some are either too hurt, too offended, or perhaps too proud to do what they know to do. Sadly, some are even willing to let their homes crumble under their watch.

Beloved, in spite of the negative experiences of many in their homes, God's intentions remain that our homes add to our joy on the earth. He wants us to be truly fulfilled as we journey through life and build a family with a companion for life. However, there is so much we must do. A good and godly family life is actually not a gift but a product of following God's concept of marriage. This is where wisdom is required!

Some of us know various definitions of wisdom but the simplest definition I have of wisdom is knowing what to do and doing it based on God's Word. Please note that I mean heavenly wisdom here, not earthly wisdom. There is a clear difference! The two main avenues through which wisdom is expressed are: a). Our words, b). Our actions. James 3:13 tells us *"If you are wise and understand God's ways, prove it by living an honorable life, doing good works with the humility that comes from wisdom."* So, wisdom has proofs, and until those proofs are evident in a relationship or family, there will be chaos and confusion.

If you are indeed wise, your words will carry life and healing instead of hurt and discouragement. If you are wise, you will diffuse heated discussions and promote peace. If you are wise, you will not provoke your spouse and loved ones. If you are wise, you will not let your pride get in the way of unity. The list is endless.




The following Scriptures for mediation are to help you examine yourself, and acknowledge any area you need to express heavenly wisdom for a heavenly experience in your marriage. As you apply them with understanding, may the wisdom of God distinguish your marriage in Jesus' name. Amen!


# PRACTICAL TIPS

1. Remember the definition of wisdom: knowing what to do and doing it based on God's Word.
2. Where you don't know what to do or say in a situation, it means you lack wisdom in that instance. The solution is simple: Ask God first.
3. A product of wisdom is peace. Therefore if you lack peace in your home, it means wisdom is lacking. Examine your marriage and begin to promote peace by being mindful of how you interact with your spouse per time.
4. If you cannot resolve a discussion, instead of allowing it to become heated, call it off, then prayerfully gather your thoughts and emotions and discuss it again at the right time.
5. Learn to maintain an even temper and speak the truth in love even when you are correcting wrong behaviour.  
That is wisdom!







Wisdom is the principal thing;  
Therefore get wisdom...  
Proverbs 4:7




A fool uttereth all his mind: but a wise man keepeth it in till afterwards.  
Proverbs 29:11




A house is built by wisdom and becomes strong through good sense.  
Proverbs 24:3




If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.  
James 1:5




And wisdom and knowledge shall be the stability of thy times...  
Isaiah 33:6




The way of a fool is right in his own eyes, but a wise man listens to advice.  
Proverbs 12:15




Even fools are thought wise if they keep silent, and discerning if they hold their tongues  
Proverbs 17:28




Those who guard their lips preserve their lives, but those who speak rashly will come to ruin.  
Proverbs 13:3




When pride comes, then comes disgrace, but with the humble is wisdom.  
Proverbs 11:2



Blessed are those who find wisdom, those who gain understanding  
Proverbs 3:13

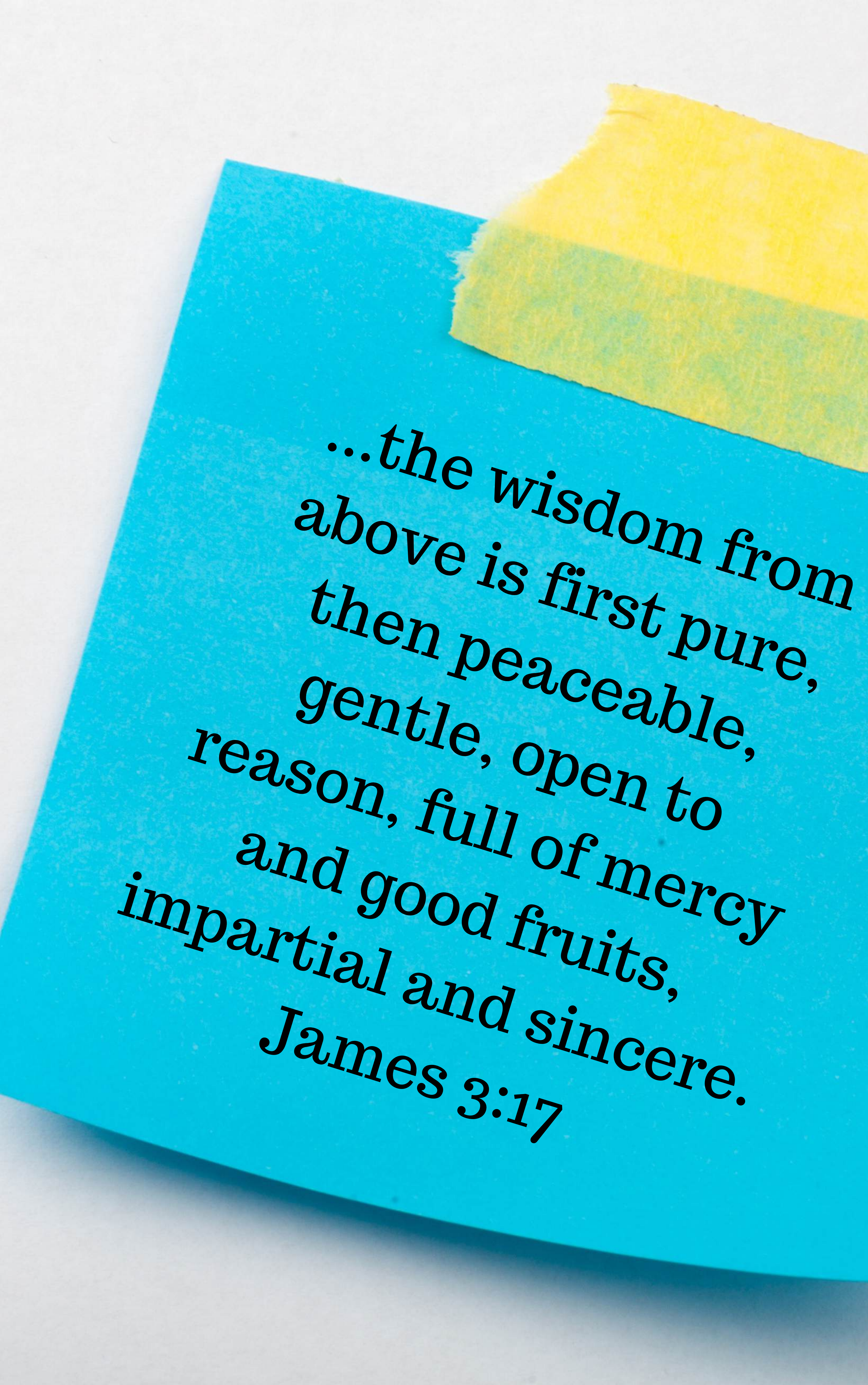


The mouths of the righteous utter wisdom, and their tongues speak what is just  
Psalm 37:30



Words from the mouth of the wise are gracious, but fools are consumed by their own lips.  
Ecclesiastes 10:12





...the wisdom from  
above is first pure,  
then peaceable,  
gentle, open to  
reason, full of mercy  
and good fruits,  
impartial and sincere.  
James 3:17





***May the Lord lead your hearts into a full understanding and expression of the love of God and the patient endurance that comes from Christ.***

***~2 Thessalonians 3:5~***

Beloved,

No marriage can flourish if deep love is not expressed without restraint. Too many marriages have withered away because the expression of love is lacking. Love is not just about having those butterflies in your belly that keep you smitten by your significant other. It is not just saying "I love you" at every given opportunity. It is so much more than that. I am sure you must have heard it time and again; love is an ACTION word. It requires ACTION, not just WORDS.

Please know that love is beyond how you feel; it is a conscious decision to honor, forgive, be kind, and be patient even when you don't feel like it. In fact, true love reflects God's nature without reservation. If all you know about love is based on how you feel per time, your marriage is in trouble. I have personally concluded that if you truly know God, you love differently; beyond human comprehension.

Love takes intentional steps and if you truly love someone deeply, you consider how what you say or do will affect them. There are certain things a loving husband or wife will never say or do to their spouse, because of the value they have for them. Please nurture the love between you and your spouse. This implies giving love what it requires to flourish, using kind words rather than promoting strife, initiating positive dialogue rather than criticism, etc. This is not a one time event but a continuous journey. It must be a way of life for it to be meaningful.

Also note that love as designed by God, is expected to grow deeper and stronger with time. It should become more intimate and rewarding, meeting our deepest needs and desires. So the fact that you have been married for 5, 10, 15 years or more, does not justify love withering away in your marriage. Everything that God is involved in, including marriage only gets better with time (Proverbs 4:18). If things seem to have gotten worse in your home, the principles of the God-kind of love have been misapplied along the way. It is time to get back on track!

Please meditate on, and apply the following tips and scriptures to help reignite or keep the love aflame in your marriage.



# PRACTICAL TIPS

I have already stated that love goes beyond your feelings but must be proven by your words and actions. An effective way to express and keep love alive is by understanding your spouse's love language and consciously speaking that love language to them regularly.

The five major love languages are:

1. **Words of affirmation:** Speak words that encourage and build up.
2. **Quality time:** Give your undivided, uninterrupted attention to your spouse. You may not have quantity time; quality time will do.
3. **Receiving gifts:** Give him/her a book, a card, a special treat, or whatever you know they will consider as meaningful.
4. **Acts of service:** Be selfless and serve your spouse often especially if this means so much to them. Don't wait for them to ask, take the initiative.
5. **Physical touch:** This includes a hug, a cuddle, a touch, a kiss, etc. For some, this means so much and makes them feel secure.
6. Please refrain from comparing your spouse to any other person. For example, don't assume that because many women like gifts, it automatically means that is your wife's primary love language. You must be a student of your spouse. Study her; she may just want to spend quality time with you. She may just want you to affirm her with your words. If you keep buying her gifts without studying her, you will be frustrated because her responses will be contrary to what you expect. As a wife, this advice also applies when interacting with your husband.
7. Never forget that a simple act of love that is expressed willingly and regularly can do a lot to improve the state of your marriage.

Do everything in  
love  
1 Corinthians 16:14

Above all, love each  
other deeply,  
because love covers a  
multitude of sins  
1 Peter 4:8

He who does not  
love does not  
know God, for  
God is love  
1 John 4:8

Be completely  
humble and  
gentle; be patient,  
bearing with one  
another in love  
Ephesians 4:2

Owe no one anything,  
except to love each  
other, for the one who  
loves another has  
fulfilled the law  
Romans 13:8

Love must be  
sincere. Hate what  
is evil; cling to  
what is good  
Romans 12:9

Love each other  
with genuine  
affection, and take  
delight in honoring  
each other.  
Romans 12:10

Hatred stirs old  
quarrels, but love  
overlooks insults  
Proverbs 10:12



**By love serve one another  
Galatians 5:13**

**There is no fear in love. But perfect  
love drives out fear, because fear has  
to do with punishment. The one who  
fears is not made perfect in love. We  
love because he first loved us  
1 John 4:18-19**

**Love is patient, love is kind. It does not  
envy, it does not boast, it is not proud.  
It is not rude, it is not self-seeking, it  
is not easily angered, it keeps no  
record of wrongs.  
Love does not delight in evil but  
rejoices with the truth.  
1 Corinthians 13:4-6**

**It always protects, always  
trusts, always hopes, always  
perseveres.  
Love never fails.  
1 Corinthians 13:7-8**





***Bear with each other and forgive one another if any of you has a grievance against someone.***

***Forgive as the Lord forgave you***

***~Colossians 3:13~***

Love and forgiveness work hand in hand. Where there is no free flow of forgiveness in a marriage, love will not prosper. Forgiveness means each person is willing to extend grace to cover the errors or mistakes of another. Even in the most amazing marriages, the spirit of forgiveness is necessary. When two unique individuals come together to build a family from scratch, there are bound to be disappointments, misunderstandings and hurts (*hopefully unintended*). However, holding on to unforgiveness eats up too many parts of your life. It kills joy, steals peace and it can negatively impact your health. It can also destroy a marriage relationship and most importantly hinder communion with God.

I love what Apostle Paul said about exercising himself to be void of offence in his own life (Acts 24:16). He had to consciously subdue his feelings so that he could effectively preach the gospel to the people he was sent to. Since the day the Holy Spirit opened my eyes to this verse, I have used it as my guide within and outside my home. In the marriage context, your spouse should be seen as your first soul to preach to and live the gospel out in front of.



You cannot love or preach the gospel effectively if you choose to be unforgiving. Ruth Graham said it best - "*a happy marriage is the union of two good forgivers.*" Of course, this is easier said than done. I don't think anyone can really understand that quote until they get married and they have to literally share their life with someone else. In fact, I have learnt to refill what I call my advanced forgiveness tank on a daily basis to help me on my personal journey.

Beloved, I want you to know that forgiveness is a choice that you have to make. It may not be an easy choice but it is a necessary choice. Please note that this does not mean that the offender is right or should be allowed to get away with constant negative behavior. It simply means that you have chosen to free yourself from the burden of storing grudges in your heart.

Yes! Forgiveness stems from the heart. Do you know that a hardened heart is a product of unforgiveness? And unforgiveness leads to bitterness which not only often leads to divorce, but it also causes God's grace to fail in a person's life (Hebrews 12:15). In Matthew 19:8, Jesus told the Pharisees "*...Moses permitted divorce only as a concession to your hard hearts, but it was not what God had originally intended.*" Therefore, please search your heart and deal with any feelings of offense quickly. Do not let it linger! Free yourself and free your spouse of this destructive weight.

It also doesn't mean misunderstandings should not be resolved, however as I stated earlier, apply wisdom to prevent tension and strife. Remember to use some of the tips discussed earlier and seek godly counsel if you need it. Check yourself; if you are holding a grudge in your heart against your spouse (*or anyone else, really*), ask God to heal your hardened heart and replace it with a tender and soft heart (Ezekiel 36:26). If your spouse's heart is hardened towards you, also take it to the Lord in prayer and trust Him for a change. Above all, never stop praying for grace so that both of you learn how to live together with understanding.



You may try to justify your unforgiveness but I must tell you that an unforgiving spirit has everything it takes to rob you of an enjoyable family life. Oneness, trust, intimacy and every other pillar required for a strong marriage cannot thrive in the midst of unforgiveness. If you have been held bound by the spirit of unforgiveness, be set free from that stronghold in Jesus' name, amen!



# PRACTICAL TIPS

1. Create a platform for openness in your marriage. You and your spouse should be able to express any feelings of hurt or offence without the offender responding defensively.
2. When you are at fault, accept responsibility, genuinely apologize and take the necessary steps to correct any wrongdoing.
3. When you forgive, do your best to let go. Bringing up past mistakes will hinder unity and cause bitterness to take root in your heart
4. If you are finding it hard to forgive, please pray for help and give God's word a chance to work in your life.
5. Please note that it is impossible to grow in your Christian walk while holding on to unforgiveness in your heart.
6. Do not be afraid/shy/proud to seek godly counsel if you need it.
7. One way to test yourself if you claim to have forgiven is by assessing how you relate with the offender when you remember the offence.



**Be kind and  
compassionate to one  
another, forgiving  
each other, just as in  
Christ God forgave you  
Ephesians 4:32**

**...and forgive us our  
sins, as we have  
forgiven those who sin  
against us.  
Matthew 6:12**

**Bear with each other and  
forgive one another if any  
of you has a grievance  
against someone. Forgive  
as the Lord forgave you  
Colossians 3:13**

**And herein do I exercise  
myself, to have always a  
conscience void of  
offence toward God, and  
toward men.  
Acts 24:16**

**And when you stand  
praying, if you hold  
anything against anyone,  
forgive them, so that your  
Father in heaven may  
forgive you your sins  
Mark 11:25**

**“Love prospers when a  
fault is forgiven, but  
dwelling on it  
separates close friends  
Proverbs 17:9**

**For if you forgive other  
people when they sin  
against you, your  
heavenly Father will  
also forgive you  
Matthew 6:14**

**Get rid of all bitterness,  
rage, anger, harsh words,  
and slander, as well as all  
types of evil behavior  
Ephesians 4:31**



**...Then Peter came to him  
and asked, “Lord, how  
often should I forgive  
someone who sins against  
me? Seven times?”**

**“No, not seven times,”  
Jesus replied, “but seventy  
times seven!”**

**Matthew 18:21-22**







*A sweet friendship refreshes the soul...*  
*Proverbs 27:9*

One of the major pillars of a great marriage is friendship. In fact, I believe that marriage is one of the best platforms to build the closest of friendships. When a husband is confident that he has a friend in his wife or a wife feels the same way, it adds a lot of beauty to their relationship, and this should be cherished. A friend is a one with whom you have a bond of mutual affection. It's no wonder that when you see a man and his wife who are genuinely friends, there is an uncommon glow that cannot be ignored.

Your spouse should enjoy joking with you, talking to you and spending time with you. He or she should be able to open up to you without the fear of you getting defensive or treating them like a burden. Basically, everything they will enjoy doing with a friend outside your relationship, should be experienced with you. I have to ask you this question: Is your spouse free to be "*naked and unashamed*" with you? I don't mean just physically, but in every sense of the word. Where there is total freedom to be oneself, it eliminates secrecy, and makes both of you feel secure and assured of each other's loyalty. You are able to share your greatest joys, and deepest regrets. You are able to help each other overcome various personal challenges. The benefits are endless!



While God is the only One who can complete us, He still saw the need for companionship or friendship when He said "*...it is not good for the man to be alone...*" and His best expression of that thought is the marriage institution (Genesis 2:18). Beloved, if your marriage has lost the friendship spark, it's time to work on getting it back. A lapsed friendship in marriage can still be restored with some perseverance, determination, a lot of willingness and of course prayer. Perhaps that friendship spark has never even been part of your marriage, it's not too late for you either.

It may seem foreign to you because your idea of marriage may have been about just being husband and wife, but I encourage you to please take it further. Step out of your comfort zone and be willing to cultivate true friendship with your spouse; it won't happen automatically. Apart from this being good for your marriage, your children will be inspired when they see how their parents relate with one another. So, also do this for them. Begin today by applying the practical tips and the scriptures listed. The friendship platform enhances your relationship and enriches your marriage so please do not take it for granted.

I pray you are able to build and maintain the kind of friendship in your marriage that refreshes your soul!



# PRACTICAL TIPS

1. Set time aside often to catch up with each other and engage in activities that are of interest to both of you. Don't make excuses of being busy; find a way to make it work!
2. A few ideas, apart from spiritual exercises include: watching a movie; playing some board games, exercising together, going on strolls, reading books and discussing them, etc.
3. Don't copy what another couple does and try to paste it into your own home. That will lead to frustration. Discuss what works for the both of you based on your schedules and environment, and enjoy it together.
4. When your spouse is discouraged over any issue, be a very present shoulder to lean on. Do not ignore their need for your support and encouragement
5. Apply the pillars of friendship such as trust (no marriage can survive without trust), openness, commitment, loyalty, kindness, empathy, etc.
6. Infuse humor and laughter into your relationship. Please don't be too rigid or stiff to enjoy this beautiful relationship orchestrated by God to add so much beauty and color to your life.
7. Check in on each other often. Do not assume your spouse is fine, make sure they really are fine.
8. Create avenues to establish a platform of friendship in your home by deliberately building and nurturing your relationship. This won't only strengthen your marriage, it'll also bring out the best in your marriage.
9. Avoid comparison. Your spouse is your spouse so stop wishing they were someone else. Instead, seek for ways to help them become a better version of themselves.
9. The same way you show care or concern towards a good friend of yours, do the same and much more for your spouse.



# FRIENDSHIP SCRIPTURES

Therefore encourage one another and build each other up...  
1 Thessalonians 5:11

As iron sharpens iron, so one person sharpens another.  
Proverbs 27:17

Love one another with brotherly affection. Outdo one another in showing honor  
Romans 12:10

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.  
Ecclesiastes 4:9-10

My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends  
John 15:12-13

Let each of you look not only to his own interests, but also to the interests of others.  
Philippians 2:4



**...two people lying close  
together can keep each other  
warm. But how can one be  
warm alone? A person  
standing alone can be attacked  
and defeated, but two can  
stand back-to-back and  
conquer...**

**Ecclesiastes 4:11-12**



# unity

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***"Look!" he (The Lord) said. "The people are united... nothing they set out to do will be impossible for them!"  
- Genesis 11:6***

Beloved,

In the scripture above, God acknowledged the power in unity. The people were determined to build the tower of Babel to reach the heavens, and because they were of one mind, He said nothing will be restrained from them that they had simply imagined to do. Just imagine if this kind of partnership exists in a marriage relationship. Imagine if a husband and wife are of one mind, speaking the same language concerning the issues that have an impact on their home; the great things they will achieve together is unimaginable!

I often like to say that your spouse is your advantage in life; he or she is not your adversary. If you keep seeing them as your adversary, you will remain divided. The only adversary you have is the devil (1 Peter 5:8) and I strongly believe that it is because he knows the power that lies in a couple's unity, he constantly seeks to divide them. Have you noticed that many husbands and wives tend to be divided over minor things that can easily be resolved? Perhaps that is your current situation. Perhaps you and your wife are always at loggerheads and it seems as if you just cannot get along. Don't ignore it; that's the work of the enemy and we must not be ignorant of his devices (2 Corinthians 2:11).



The Bible tells us that where there is unity, the blessings of the Lord flow (Psalm 113:1-3), and the blessings of the Lord don't come with sorrow (Proverbs 10:22). If you remain divided, if you allow strife, disorder and chaos, you automatically invite every kind of evil into your space (James 3:16). In fact, the prayers of many couples are unanswered because they have given room to unresolved disagreements or divisions!

Agreement is a major ingredient to make any marriage work; you cannot *walk* together or *work* together without it. I often like to say that you cannot agree to disagree on topics that have a direct impact on your home. Such areas include: finances, child training, home management, relationship with in-laws, etc. Some critical points require total agreement between a husband and wife. Where there is agreement, goals can be achieved easily; there is speedy progress, and above all there is peace. Where there is unity, the marriage will be a healthy one!

Please note that every marriage will experience some kind of challenge. Those challenges will be different for each couple, but they will come. If you read Matthew 7:25, Jesus stated something critical. He said "*...though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock.*" So, no doubt the winds will come, and the rain will come, but among other things, your bond of unity will determine if your home stands tall in spite of those forces.

Something critical I want you to note is that when you allow division into your home, the honor in marriage is removed. Although marriage is indeed honorable (Hebrews 13:4), the responsibility of maintaining that honor rests on each couple. Without unity, spouses drift apart, their connection is weakened and their love for each other eventually fades away.

Just as the blessings of the Lord are rightfully yours, the enemy is on the prowl looking for which home to devour (1 Peter 5:8).



Therefore, be sober. Be vigilant. As long as YOU know better, do better. And as you make a decision to remain a house united, every goal, every vision, every dream you set out to do will be cheaply accomplished in Jesus' name. Amen!



# PRACTICAL TIPS

1. Be deliberate about maintaining unity in your home. Don't allow even minor arguments to linger. Resolve them quickly.
2. Pray everyday for oneness between you and your spouse, especially on critical matters that can make or break your home.
3. Don't be a trouble maker or fault finder; promote peace always.
4. Don't be a repeat offender. When you make a mistake and you are forgiven, do not keep repeating offenses thinking you can get away with such behaviour.
5. When you have differences of opinion over an issue, do not take it personal, and again, that conversation should not degenerate to arguments. Seek for wisdom so you can pass your points across correctly.
6. Never forget that when you are truly united, nothing will be restrained from you.



**Therefore what  
God has joined  
together, let not  
man separate  
Mark 10:9**

**Can two people  
walk together  
without agreeing  
on the direction?  
Amos 3:3**

**Make every effort  
to keep the unity  
of the Spirit  
through the bond  
of peace.  
Ephesians 4:3**

**...give no  
opportunity to  
the devil  
Ephesians 4:27**

**If it is possible, as much as  
depends on you, live  
peaceably with all men  
Romans 12:18**

**I also tell you this: If two of you  
agree here on earth concerning  
anything you ask, my Father in  
heaven will do it for you  
Matthew 18:19**

**I appeal to you, brothers and sisters,  
in the name of our Lord Jesus Christ,  
that all of you agree with one another  
in what you say and that there be no  
divisions among you, but that you be  
perfectly united in mind and thought  
1 Corinthians 1:10**

**Finally, brothers and sisters,  
rejoice! Strive for full restoration,  
encourage one another, be of one  
mind, live in peace. And the God  
of love and peace will be with you  
2 Corinthians 13:11**



**How good and pleasant it is when  
God's people live together in unity!  
It is like precious oil poured on the  
head, running down on the beard,  
running down on Aaron's beard,  
down on the collar of his robe. It is  
as if the dew of Hermon were  
falling on Mount Zion. For there  
the LORD bestows his blessing,  
even life forevermore.**

**Psalm 133:1-3**



# HUMILITY

*When pride comes, then comes disgrace, but with humility comes wisdom.*

*Proverbs 11:12*

Beloved,

The spirit of humility is not negotiable in marriage. The husband must lead with humility and the wife must submit with humility, to bring out the best in their home. Neither of us can be effective in our roles without humility. My simple definition of humility is accepting the truth that you don't have all the answers, accepting that others also have something to offer, and acknowledging when you are in error. Before Apostle Paul specifically admonishes the wife and the husband about what is expected of them in Ephesians 5, he mentions the need for submitting to each other out of reverence for Christ (Ephesians 5:21). While he was not speaking directly to the husband or wife in that particular verse, it can still be applied in the home.

As a husband, you are the head of the family but to lead well, you must be humble enough to be led by God. You must also be humble enough to respect and accept your wife's input or opinions. Any man who is humble, would not have a hard time gaining the trust, loyalty and following of his wife. A wife is to submit to her husband as unto Christ. Doing this willingly requires a lot of humility, because there will be instances when you really may not feel like submitting to him for one reason or another.



However, because of your reverence for Christ as the ultimate head of the home, you willingly submit, knowing that God instructed this for the good of the family. Please give your husband room to exercise his God-given authority. I would like to encourage you to begin to wear humility like a cloth in your home. No matter your status or achievements as the husband or wife, do not allow pride to rob you of a peaceful family life. Do you know that the unrest in many homes is largely due to the absence of humility?

Pride has seeped into many homes and it has caused great damage. Caution, beloved! The making of your home is in your hands.

### **Let me share some effects of humility with you:**

1. It causes the grace of God to flow freely so you can function effectively in your role as husband, wife or even as a parent. Grace from God demands humility. James 4:6
2. It draws you closer to God and eliminates pride. Psalm 138:6
3. It elevates you and ultimately, your family. 1 Peter 5:8, Proverbs 18:12
4. It makes you more like-able, love-able and appreciated in your home.

Please pay attention to the tips and scriptures for meditation on humility, then receive and maximize the grace required to put them to work.



# PRACTICAL TIPS

1. Be humble enough to accept your offenses
2. Be humble enough to apologise when you offend or make a mistake
3. While apologising for an offence, the offender should not attempt to justify or explain the action away. Simply apologise.
4. Be teachable; be correctable
5. Give your spouse allowance for growth and to make mistakes.
6. Don't seek revenge against your spouse for their mistakes. Instead, initiate any changes you desire to see.
7. Seek help from the Holy Spirit to prune away every iota of pride that may be posing as a stumbling block in your marriage.





He leads the  
humble in doing  
right, teaching  
them his way  
Psalm 25:9

The fear of the LORD  
is the instruction of  
wisdom, And before  
honor is humility  
Proverbs 15:33

God opposes the  
proud but gives  
grace to the humble  
James 4:6



Humble yourselves  
before the Lord,  
and he will lift you  
up in honor.  
James 4:10




Pride leads to disgrace,  
but with humility  
comes wisdom  
Proverbs 11:2

So humble yourselves  
under the mighty power of  
God, and at the right time  
he will lift you up in honor.  
1 Peter 5:6

Haughtiness goes before  
destruction; humility  
precedes honor  
Proverbs 18:12





don't forget!

Let nothing be done through  
selfish ambition or conceit, but in  
lowliness of mind let each esteem  
others better than himself

Philippians 2:3





# COMMUNICATION

*Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers*

*Ephesians 4:29*

I have a lot to share about communication so please be ready.

Everything discussed in this resource can only be achieved through communication so I hope you understand why this particular section is loaded. Communication is an essential skill for marital bliss. It is a very important force within the covenant of marriage.

Communication is dictionary defined as *the art of passing across news, information, thoughts, or feelings to a person or group of people.*

Beloved, while communication is critical, I would like to go further and stress the need for *effective* communication.

Effective communication is *ensuring that the message passed across is rightly understood and accurately interpreted by the receiver.* I believe it is safe to say that communication is not what is lacking in many marriages; it is effective communication that is. Where communication is effective, it eliminates misunderstandings, divisions, assumptions, and confusion. Any home that lacks effective communication gradually disintegrates.



If a husband and wife cannot freely discuss pertinent issues and come to a conclusion that leads to the progress of the family, without raising their voices, insulting each other, and allowing offenses to linger, let's face it - there is danger ahead!

The word effective means helpful or valuable. Therefore effective communication in marriage must result in help or profit; it must add value. Effective communication is expressed verbally and nonverbally. Both avenues of communication are very important in any relationship. To truly enjoy marital bliss, every word that proceeds out of your mouth, and every action you take should be positive and uplifting, no matter the circumstance.

Very few things can get us in as much trouble as our words -- and very few things can be more helpful to others, than the words we speak. The Bible says, "*A word aptly spoken is like apples of gold in settings of silver*" (Proverbs 25:11). It also says that "*reckless words pierce like a sword, but the tongue of the wise brings healing*" (Proverbs 12:18).

I encourage you to examine your communication style with your spouse; has it been effective thus far? Are your discussions easily resolved or do they tend to cause a rift between the both of you?

I would like to briefly share a few steps below to help you enhance effective communication. Please be sure to study the scripture references:

- **Listening** - This is not just hearing what is being said but actually paying attention to the details of what is being said. Instead of forming your response in your head or trying to talk quickly, calm down and pay attention. Proverbs 18:2
- **Talking** - Clearly, there can be no effective communication without talking to each other. When you do this, ensure you respectfully and wisely pass your point across. Again, your discussions should not be allowed to degenerate to fighting or arguing. Proverbs 15:1



- **Prayer** - Prayer is a necessary weapon in marriage. Without communicating with God regularly, you cannot effectively communicate with your loved ones. Prayer has the power to change you, to change your family members, and to change the circumstances in your home. Another benefit of prayer is that you receive the grace to help you in your time of need.  
Hebrews 4:16
- **Self-awareness** - Self awareness stems from allowing your spouse to give you feedback based on how you communicate. For example, you may genuinely not realize that you come across as harsh when you speak. It is the receiver who can make this known to you. When this happens, be humble; instead of becoming defensive, become more self aware. Let the Spirit of God show you where you are wrong. That way, you will be more gentle when you communicate. Proverbs 21:2
- **Growth in the fruit of the Spirit** - This cannot be overemphasized. My husband David Oyedepo Jnr, often says that if each person in a marriage deliberately grows in the fruit of the Spirit, strife will be automatically eliminated. I agree! I also often joke that marriage will test the fruit of the Spirit that you claim is at work in you. Have you noticed that every fruit of the Spirit is relational? *Kindness, patience, gentleness, love, self-control*, etc all require us to relate with others. It is consciously growing in the fruit of the Spirit that helps us relate in line with God's expectations rather than based on our feelings or emotions. Galatians 5:22-23



The following, among others hinder effective communication. I will not dwell on them because I have addressed them at some point in this resource. I have listed them here so you can become aware of them and prevent them from lingering in your heart and in your home.

- Anger
- Bitterness
- Pride
- Lack of self control/immaturity

Some benefits of effective communication include:

- Unity/oneness
- Peace & progress
- Trust
- A fulfilling relationship
- Intimacy



# WHAT EFFECTIVE COMMUNICATION IS NOT:

- **ARGUING** - You may have been told that arguing and fighting are indeed part of the marriage experience. I want you to know there is no truth to that from God's Word. An argument is dictionary defined as *an exchange of diverging or opposite views, typically a heated or angry one*. Please tell me, what good can come out of that? In fact, the truth is that the more you argue, the further apart you stand. When a discussion is allowed to degenerate to arguing, the essence of effective communication is lost. Beloved, leave the arguments for lawyers in the courtroom and focus more on positive dialogue in your home.
- **ASSUMPTIONS** - Lack of effective communication often leads to assumptions. When you or your spouse do not pass your message across in a manner that is rightly understood or accurately interpreted, each person would have a different interpretation of the conversation, which leads to assumptions.
- **YELLING/SHOUTING** - Contrary to what is the norm, raising your voice during a discussion, leads nowhere. Ask those who have been yelling at themselves for years in their marriage if it has brought positive results. I can almost guarantee their answer if they are being honest. Learn to discuss issues gently and respectfully. A gentle answer will always turn away wrath but harsh words stir up anger (Proverbs 15:1).
- **THE SILENT TREATMENT/MALICE** - Not speaking to each other is not effective communication. In fact, when you do this, it delights the enemy because that is his goal. *Silence is not always golden*. There may be situations when you do need to be silent to avoid heated discussions. That is wisdom! However, here I mean using silence as a weapon. A time will come when you need to actually talk to each other to resolve any conflict. Silence, when things are not good between you and your spouse, communicates division, dissatisfaction, bitterness, etc. It is counter-productive to harmony. It indicates a problem but it doesn't solve the problem.

Please let the following Scriptures guide you when communicating with your spouse and loved ones.



**A truly wise person uses  
few words; a person  
with understanding is  
even-tempered  
Proverbs 17:27**

**Reckless  
words pierce  
like a sword,  
but the  
tongue of the  
wise brings  
healing  
Proverbs  
12:18**

**Let your speech  
always be gracious,  
seasoned with salt,  
so that you may  
know how to answer  
everyone.  
Colossians 4:6**

**A good person produces  
good things from the  
treasury of a good heart,  
and an evil person  
produces evil things  
from the treasury of an  
evil heart.  
Matthew 12:35**

**May the words of my  
mouth and the  
meditation of my  
heart be pleasing to  
you, O LORD, my rock  
and my redeemer.  
Psalm 19:14**

**Kind words  
are like honey  
– sweet to the  
soul and  
healthy for  
the body.  
Proverbs  
16:24**

**A word fitly  
spoken is  
like apples  
of gold in  
settings of  
silver  
Proverbs  
25:11**



**Do you see a man  
who is hasty in his  
words? There is more  
hope for a fool than  
for him**

**Proverbs 29:20**

**...let every person  
be quick to hear,  
slow to speak, slow  
to anger...**

**James 1:19**

**Wise words are  
more valuable  
than much gold  
and many rubies.**

**Proverbs 20:15**

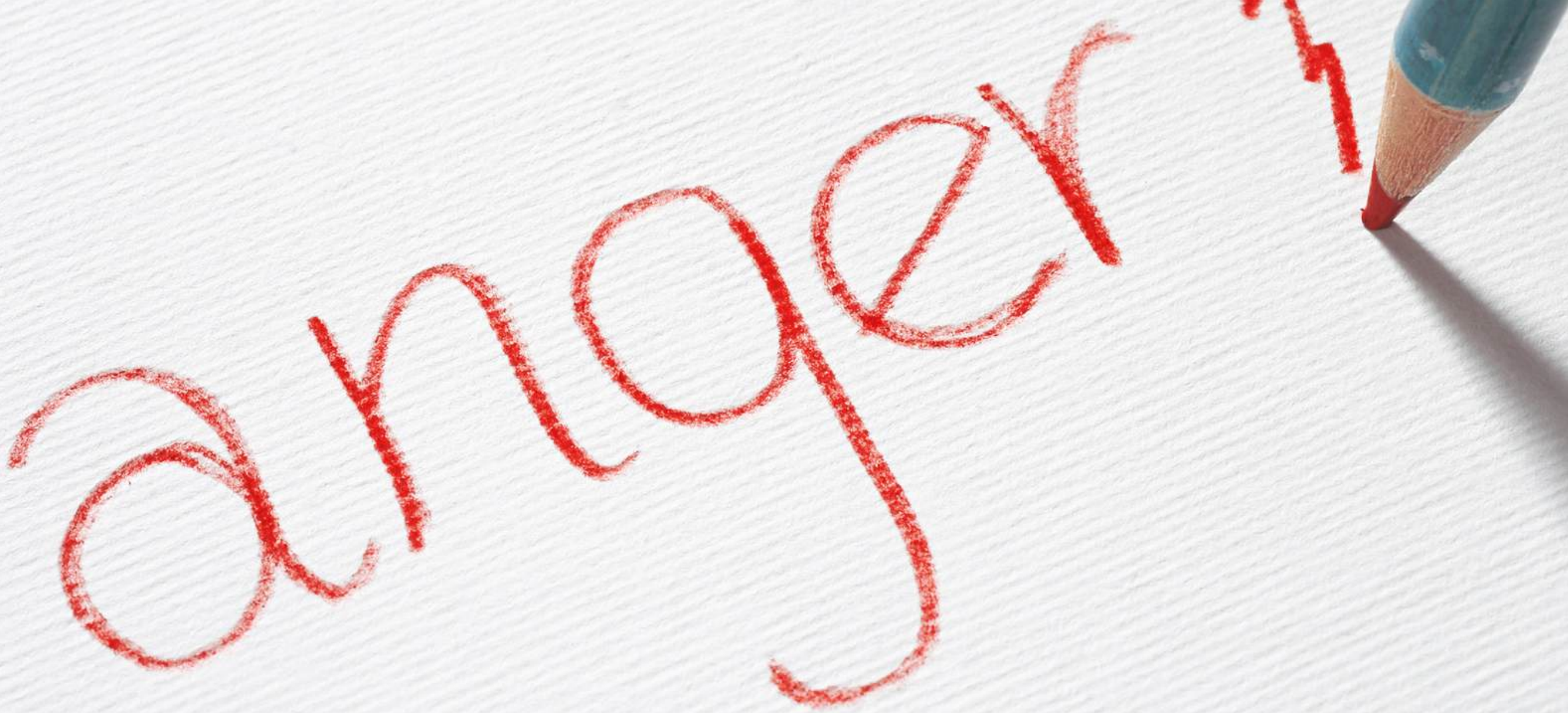
**Only let your  
conduct be worthy of  
the gospel of Christ  
Philippians 1:27**



A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart.

Luke 6:45





Before I round off this section on effective communication, I think it is important to go into a bit more detail on this hindrance to effective communication: **ANGER**

The emotion of anger can be destructive when it is not properly tamed. Too many relationships have been completely destroyed because of an individual's inability to control this emotion. It's no wonder the Bible tells us that "*People with a hot temper do foolish things; wiser people remain calm* (Proverbs 14:7). This clearly shows us that it is foolishness not to tame our anger.

Have you noticed that people who have hot tempers are also trouble makers and enjoy strife? It is because that stronghold (*yes, it is a stronghold!*) actually controls the person who is under its influence. Again, the Bible confirms this: *People with quick tempers cause a lot of quarreling and trouble* (Proverbs 29:22).

My reason for discussing this emotion is not to condemn you, but to encourage you to examine yourself as we are told in 2 Corinthians 13:5, and like I have stated throughout this resource, make the necessary adjustments. Some of you have buried anger in your hearts for days, weeks, months, or years and you could explode soon. If you have allowed your anger to get the best of you, please do not ignore it any longer and do not make excuses for your behaviour. As long as you are born again, you must deliberately put off that old man of anger (Colossians 3:8).



It is interesting that even the Bible warns us not to befriend angry people or associate with hot-tempered people, otherwise we will learn to be like them and endanger our souls (Proverbs 22:24-25). Yes, it is that serious! Please take control of your emotions. A person who has rule over their spirit exhibits self-control, which is a fruit of the Spirit. Each time you sense your anger rising up, remind yourself that you can choose how to respond, and ensure your response is pleasing to God.

Proverbs 29:11 tells us that *a SELF CONFIDENT fool loses his temper, but a wise man holds it back and stills it*. Next time you find yourself in a situation that tests the limits of your anger, remind yourself that if you give in, you are regarded as a fool as far as God is concerned. Train yourself to be slow to anger always, for whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city (Proverbs 16:32). Please take the time to meditate on the scriptures listed and give the Holy Spirit room to work on you.

If you are married to a hot-tempered person, *first*, don't get into the habit of provoking them (Galatians 5:26). If you already know that this is a weakness for them, it is unwise to push their buttons. *Secondly*, get into the habit of praying for them regularly. Remember, this is a stronghold. Their heart is in the Lord's hand and He will turn it in due season (Proverbs 21:1). *Thirdly*, guard your heart so that no root of bitterness springs up. Be patient as you await the change you desire to see in them but ensure that you don't get in God's way as He works on your spouse.

I also encourage you to locate some scriptures to calm your heart and mind during this time. Some include: Philippians 4:6-7, Psalm 94:19, Isaiah 40:31, Matthew 11:28-30.

I see God working it all out for the good of your family!



# PRACTICAL TIPS

1. Think before you speak. You don't have to say everything on your mind. Remember, it is a fool that utters all his/her mind. Speaking in anger will cause you to say and do things you will regret.
2. When you speak, try to maintain an even tone rather than raising your voice unnecessarily. Construct what you want to say first then speak. That is wisdom!
3. Be deliberate about keeping your emotions in check. Everyday, tell yourself - *I will control myself today*, etc (trust me, this helps)! People will test you but you have power over your response. Please note that this also shows how mature you are.
4. Be prayerful. Again, prayer helps. Seek the Holy Spirit for help to keep growing in the fruit of the Spirit (Gal. 5:22-23).
5. Meditate on scriptures daily. I have shared some powerful ones with you. Please also locate others personally.
6. READ books. There are many helpful books on this topic. I recommend:
  - *Living Beyond Your Feelings: Controlling Emotions So They Don't Control You* - Joyce Meyer
  - *Enemies of the Heart: Breaking Free from the Four Emotions That Control You* - Andy Stanley
7. Accept that you need to change! Examine yourself regularly as I have stated. Whatever you do, please stop telling others to just accept you as you are. CHANGE! Until you accept responsibility, your untamed emotions will rob you of beautiful relationships within and outside your home.



**People with understanding  
control their anger; a hot  
temper shows great  
foolishness**

**Proverbs 14:29**

**A hot-tempered  
person starts fights; a  
cool-tempered person  
stops them**

**Proverbs 15:18**

**Let all bitterness and wrath  
and anger and clamor and  
slander be put away from  
you, along with all malice**

**Ephesians 4:31**

**Be angry and do not  
sin; do not let the sun  
go down on your  
anger...**


**Ephesians 4:26**

**Control your  
temper, for anger  
labels you a fool**  
**Ecclesiastes 7:9**

**But now you must put them  
all away: anger, wrath,  
malice, slander, and obscene  
talk from your mouth**

**Colossians 3:8**





**...for the anger of man  
does not produce the  
righteousness of God**

**James 1:20**





# SPIRITUALITY

***For to be carnally minded is death, but to be spiritually minded is life and peace.***

***~Romans 8:6~***

Beloved,

Our spirituality determines our experiences in life. In fact, it affects everything about us, including our marriages. I love to stress that marriage is a spiritual house and we cannot build a spiritual house with carnal methods. Whether we like it or not, whether we choose to acknowledge it or not, the state of our spirit man actually determines the atmosphere in our homes. Many homes are in crisis today because there is a lack of spirituality. So the enemy has taken advantage of this lukewarm attitude and is doing as he pleases.

He is on a home destroying mission so you and I cannot afford to be nonchalant about the state of affairs in our homes. The truth is that we must be fervent in Spirit (Romans 12:11) to avoid becoming victims. Matthew 13:25 tells us that "*while men slept, his enemy came and sowed tares among the wheat, and went his way.*" So it is important that we wake up and keep ourselves armed and spiritually alert if we want to disarm the enemy and his devices.

What does it mean to be spiritual?



- To be ruled by the Word of God
- To reflect the nature of God
- To live by and walk in the Spirit

If I may ask, what is the state of your spiritual life at the moment?

As the husband and leader of the family, are you spiritually alert or have you passed that responsibility to your wife? Remember, you are the God-ordained Priest over your home. So you must rise up and take charge over your family. Don't just rejoice in being the head, instead take responsibility. As a wife, even if you have the most spiritual husband out there, you also must be deliberate about growing up spiritually. That is how two can truly put ten thousand to flight (Deuteronomy 32:30).

If you consider yourself to be spiritual, it will be evident for all to see. You cannot claim to be spiritual, yet be bitter, unforgiving, argumentative, proud, etc. It is impossible! If you possess these traits, you must look within and make the necessary changes by the help of the Holy Spirit.

The following are some practical tips to help you grow spiritually:

- Get up close and personal with God and treat your relationship with Him as the most important relationship in your life. You can do this by:
  - **Word study.** Be addicted to studying the Bible consistently. Do this as an individual and also as a couple. When you study, the Word becomes flesh and moulds you, pruning out fleshly behaviours while infusing spiritual traits into you. Please note that meditation is also a critical part of word study. 2 Tim. 2:15; 1 Timothy 4:15
  - **Prayer & fasting.** If there is anywhere we can never have enough of prayer and fasting, it is in the home. Set aside days personally and as a couple, to charge your spirit man and connect with God over various issues of concern to you. Matthew 17:21; Luke 18:1



- Guard your environment. Be conscious about what you allow into your heart, and the people you allow into your space. Remove influences that compete with God and His Word. Anything that distracts your focus on God will make you begin to think like the world. Mark 4:24; Proverbs 4:23
- Apply the Word. This is where many miss it. Like I stated earlier, you cannot experience the blessings of a good and godly marriage without the deliberate application of the Word. Beloved, consider what God's Word says about that current situation in your marriage. Have you actually applied His Word? For example in 1 Peter 3:1, we are told "*wives, likewise, be submissive to your own husbands, that even if some do not obey the word, they, without a word, may be won by the conduct of their wives.*" Do you see that?

That verse does not tell us that prayer and fasting is what wins your husband over. It states that when you are submissive, as he observes your pure and reverent life, he will change. Some wives pray so much and are terribly rude and condescending towards their own husbands. I call that getting in God's way. When He tells you to do something, do it as He has said, not as you deem fit. Otherwise, the changes you desire will take much longer than it should, to manifest.

The good news is that this does not only apply to wives. Husbands also have their part to play because every marriage requires the input of two people to work. Aren't you glad that God is not a partial God? If you go further to verse 7 of that same chapter, the husband is told to give honor to his wife. You as a husband, are told to treat your wife with understanding, among other things so your prayers are not hindered. Some husbands also miss it here; please check yourself. If things are not working well, kindly review how you have been treating your wife. You cannot treat her without value and respect, yet pose to be spiritual and expect God to honor you. Sir, the scriptures cannot be broken (John 10:35).



Beloved, the point I am trying to make here is if you are truly spiritual, your words will always emit spirit and life. If you are truly spiritual, you will always be alert and uncomfortable if anything that is contrary to the fruit of the Spirit in your home. If you are truly spiritual, you are ever ready to lay down your will to see God's agenda for your marriage come to life. If you are truly spiritual, you are conscious about pleasing God at all times within your home.

Some traits of a spiritual home include:

**Peace.** Romans 8:6

**Orderliness.** 1 Corinthians 14:40

**Expressions of the fruit of the Spirit.** Galatians 5:22-23

I must tell you that being ever sensitive to the presence of God in our home is what has helped my husband and I keep anything like fighting, and arguments away from our relationship. Not because we are perfect but because we have refused to allow anything contrary to the light of God's Word saturate our space. It may not be easy in the energy of the flesh but it is God working in us, giving us the desire and power to do what pleases Him (Philippians 2:13). If you are determined to give the devil no place in your home, he has no choice but to get lost.

I stated this at some point within this resource and I stand by it: differences of opinion must NOT lead to arguments and division. There is nothing that cannot be settled peacefully when the Spirit of God is at work in you. Nothing!

I pray that as you begin or continue to grow spiritually, studying and applying the word, your home will be filled with the peace of the Lord that surpasses all human understanding in Jesus' name. Amen



**For you are still carnal. For where there are envy, strife, and divisions among you, are you not carnal and behaving like mere men?**

**1 Corinthians 3:3**

**Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes.**

**Ephesians 4:22-23**


**Put on your new nature, and be renewed as you learn to know your Creator and become like him.**

**Colossians 3:10**


**Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God.**

**Colossians 3:16**







**Submit yourselves  
therefore to God.  
Resist the devil, and  
he will flee from you.  
James 4:7**




**Give no  
opportunity to  
the devil  
Ephesians 4:27**




**If ye live after the flesh,  
ye shall die: but if ye  
through the Spirit do  
mortify the deeds of  
the body, ye shall live  
Romans 8:13**



**For you were formerly  
darkness, but now you  
are Light in the Lord;  
walk as children of  
Light  
Ephesians 5:8**




**Now those who  
belong to Christ Jesus  
have crucified the  
flesh with its passions  
and desires  
Galatians 5:24**



**If we live by the  
Spirit, let us also  
walk by the Spirit  
Galatians 5:25**





**But a natural man does not accept  
the things of the Spirit of God, for  
they are foolishness to him; and he  
cannot understand them, because  
they are spiritually appraised  
1 Corinthians 2:14**



## ADDITIONAL SCRIPTURES: FOR HUSBANDS & WIVES

It is very important that I include some specific Scriptures for husbands and wives, as I bring this journey to an end. Depending on your role, please focus on the Scriptures that pertain to you. The goal is to look inwards and be honest with yourself as you check if you are truly reflecting God's standards. Remember, we are to *be doers of the word and not hearers only*... (James 1:22). If you happen to fall short, the solution is simple: accept responsibility and adjust accordingly. The grace to do so has been made available to you and I. It is up to us to put that grace to work in order to see the results we desire.

I have shared a lot of information with you in this resource and I trust it has enriched your life and family. I pray you have been edified. Changed. Transformed. As you invest the time to bind these Scriptures around your heart and put them to work, God will cause His Word to work in your marriage in Jesus' name. Amen.

Again, I wish you God's best in your marriage and family life!



Wives, submit  
to your  
husbands, as is  
fitting in the  
Lord.  
Colossians 3:18

The wise  
wo(man) builds  
her house, but  
with her own  
hands the foolish  
one tears hers  
down  
Proverbs 14:1

An excellent wife is  
the crown of her  
husband, but she who  
brings shame is like  
rottenness in his  
bones.  
Proverbs 12:4

Wives, submit to  
your own  
husbands, as to  
the Lord  
Ephesians 5:22

Whoso  
findeth a wife  
findeth a good  
thing, and  
obtaineth  
favour of the  
Lord  
Proverbs 18:22

Houses and riches are an  
inheritance from fathers, But a  
prudent wife is from the LORD  
Proverbs 19:14

Her husband can trust her,  
and she will greatly enrich his  
life. She brings him good, not  
harm, all the days of her life.  
Proverbs 31:11-12

Wives, likewise, be  
submissive to your own  
husbands, that even if  
some do not obey the  
word, they, without a  
word, may be won by the  
conduct of their wives...  
1 Peter 3:1

It's better to live  
alone in the corner  
of an attic than with  
a quarrelsome wife  
in a lovely home  
Proverbs 21:9



**Husbands, love  
your wives and  
never treat them  
harshly  
Colossians 3:19**

**He did this to present  
her to himself as a  
glorious church without  
a spot or wrinkle or any  
other blemish. Instead,  
she will be holy and  
without fault.  
Ephesians 5:27**

**Husbands, love your  
wives, just as Christ  
loved the church. He  
gave up his life for  
her...  
Ephesians 5:25**

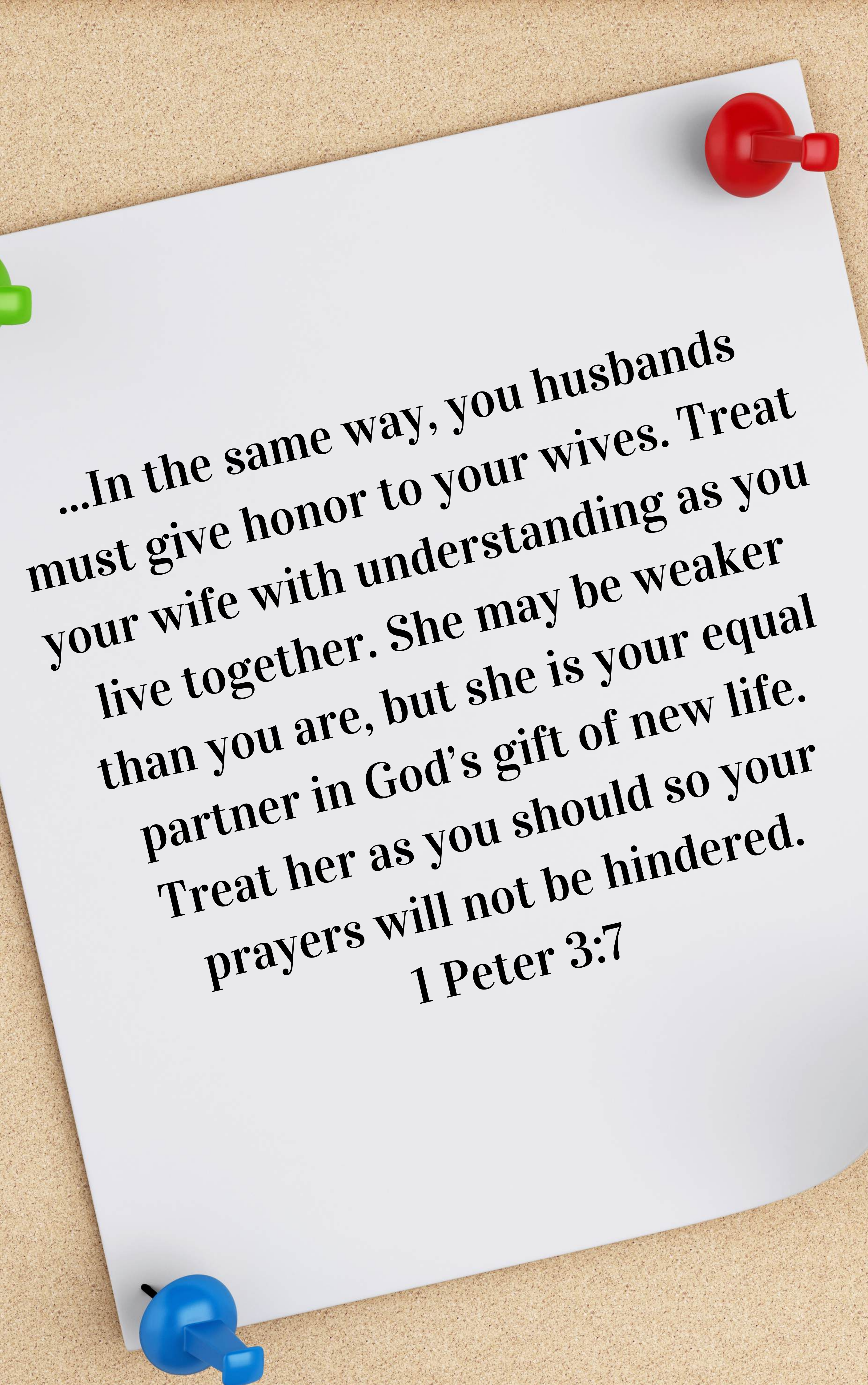
**In the same way,  
husbands ought to love  
their wives as they love  
their own bodies. For a  
man who loves his wife  
actually shows love for  
himself  
Ephesians 5:28**

**...to make her holy  
and clean, washed  
by the cleansing of  
God's word.  
Ephesians 5:26**

**Therefore a man  
shall leave his father  
and mother and be  
joined to his wife,  
and they shall  
become one flesh  
Genesis 2:24**







**...In the same way, you husbands  
must give honor to your wives. Treat  
your wife with understanding as you  
live together. She may be weaker  
than you are, but she is your equal  
partner in God's gift of new life.  
Treat her as you should so your  
prayers will not be hindered.**

**1 Peter 3:7**



# RECOMMENDED BOOKS

Success in marriage  
**David and Faith Oyedepo**

Making marriage work  
**Faith Oyedepo**

Building stronger marriages and families:  
Making your house a home  
**Billy Joe Daugherty**

Wisdom for family peace  
**David Ibiyemie**

Holy Wisdom to build happy homes  
**Lester Summral**

The power of prayer to change your marriage  
**Stormie Omartian**

Marriage on the rock  
**Jimmy Evans**

Kingdom marriage: Connecting God's purpose with your pleasure  
**Tony Evans**

Sacred marriage  
**Gary Thomas**

The 5 love languages: the secret to love that lasts  
**Gary Chapman**



Please visit [www.crisisproofyourfamily.com](http://www.crisisproofyourfamily.com) for additional family enriching resources



Crisis-Proof Your Family  
Kemi Oyedepo



Kemi Oyedepo

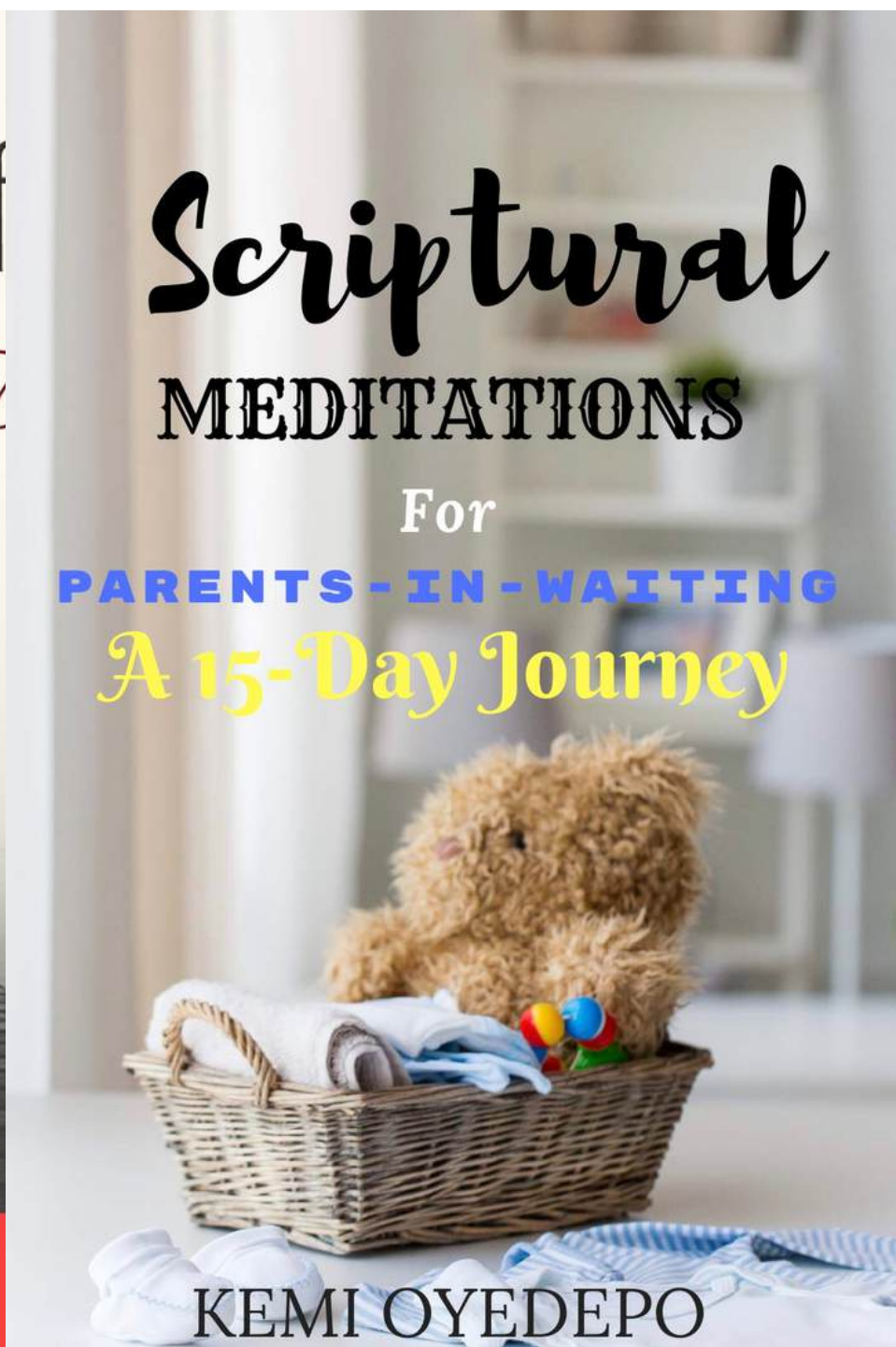
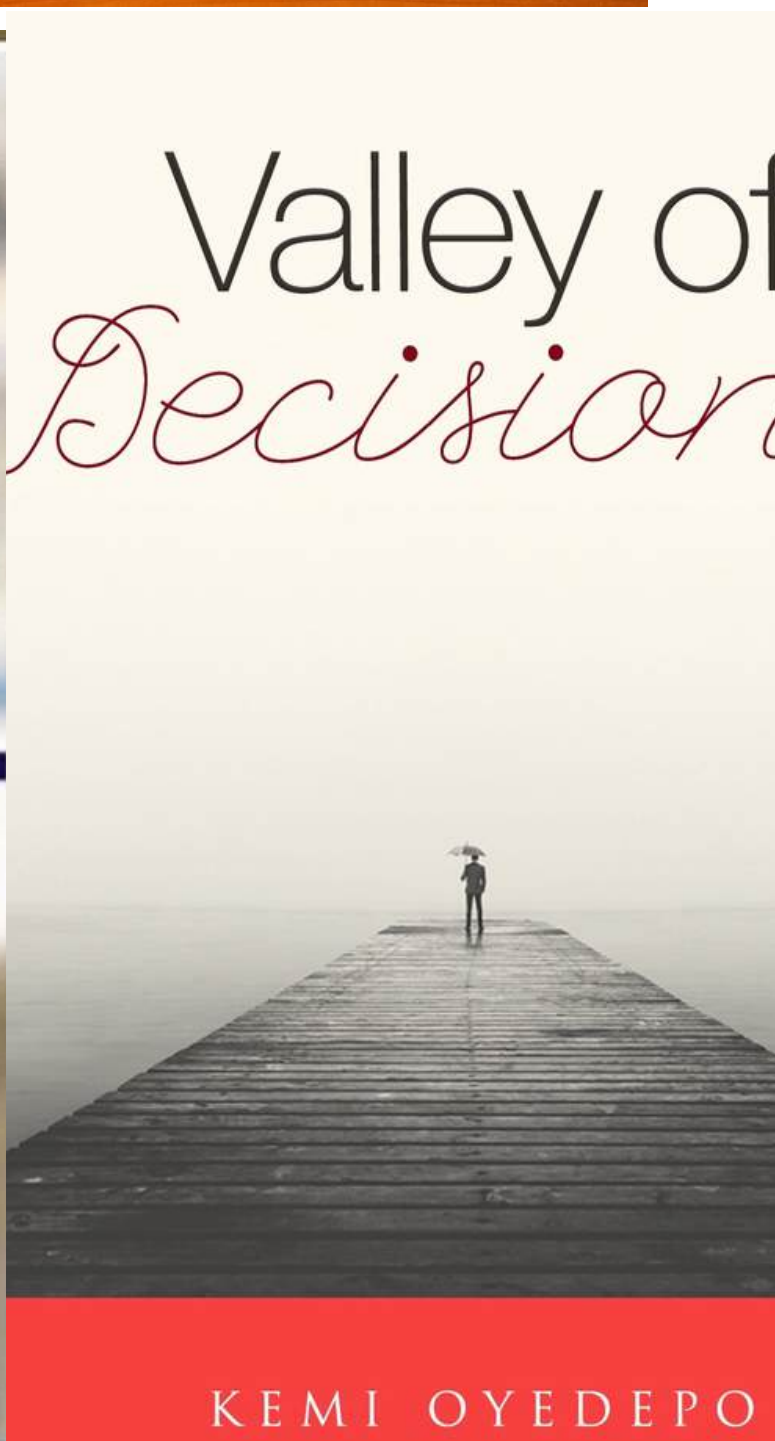
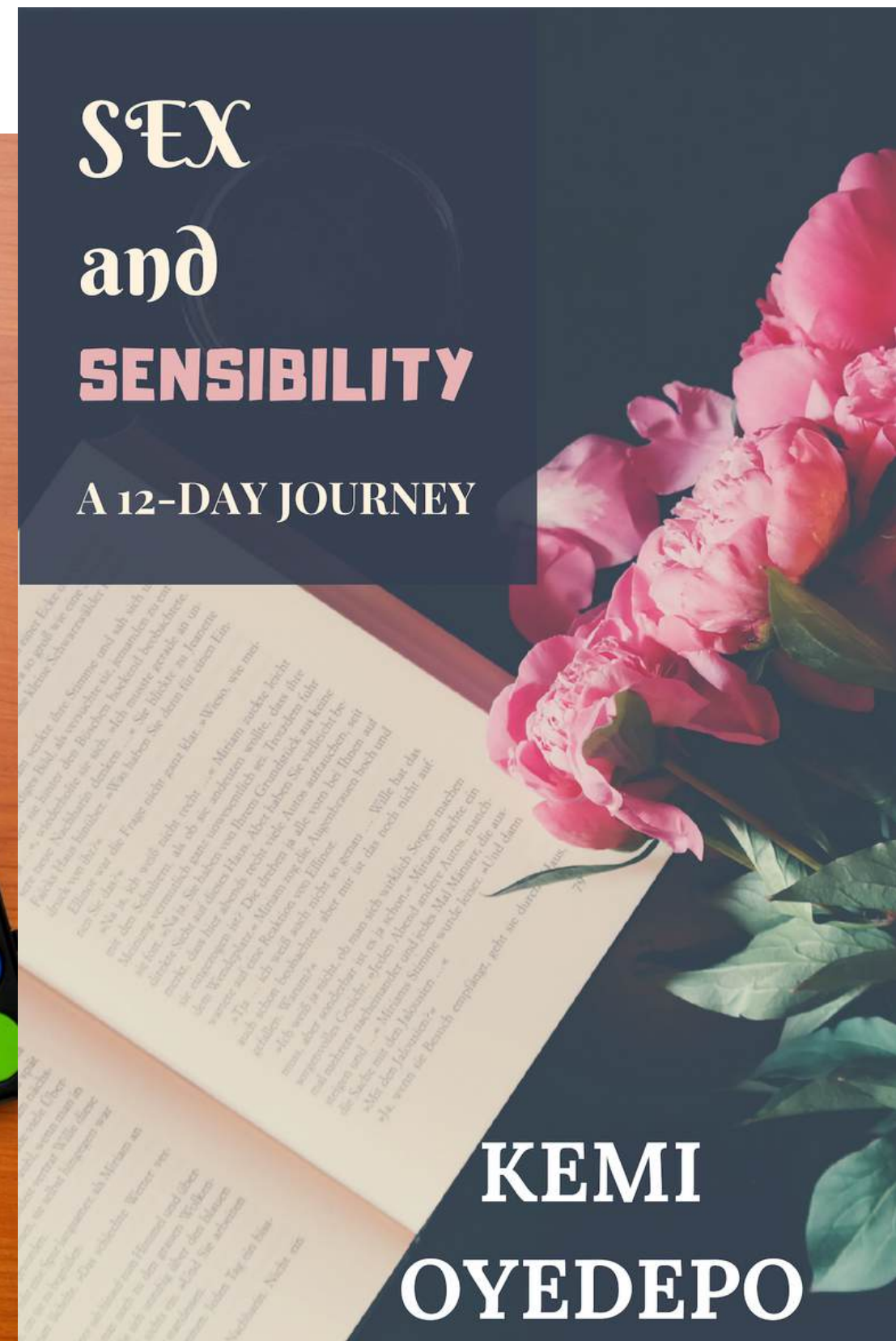
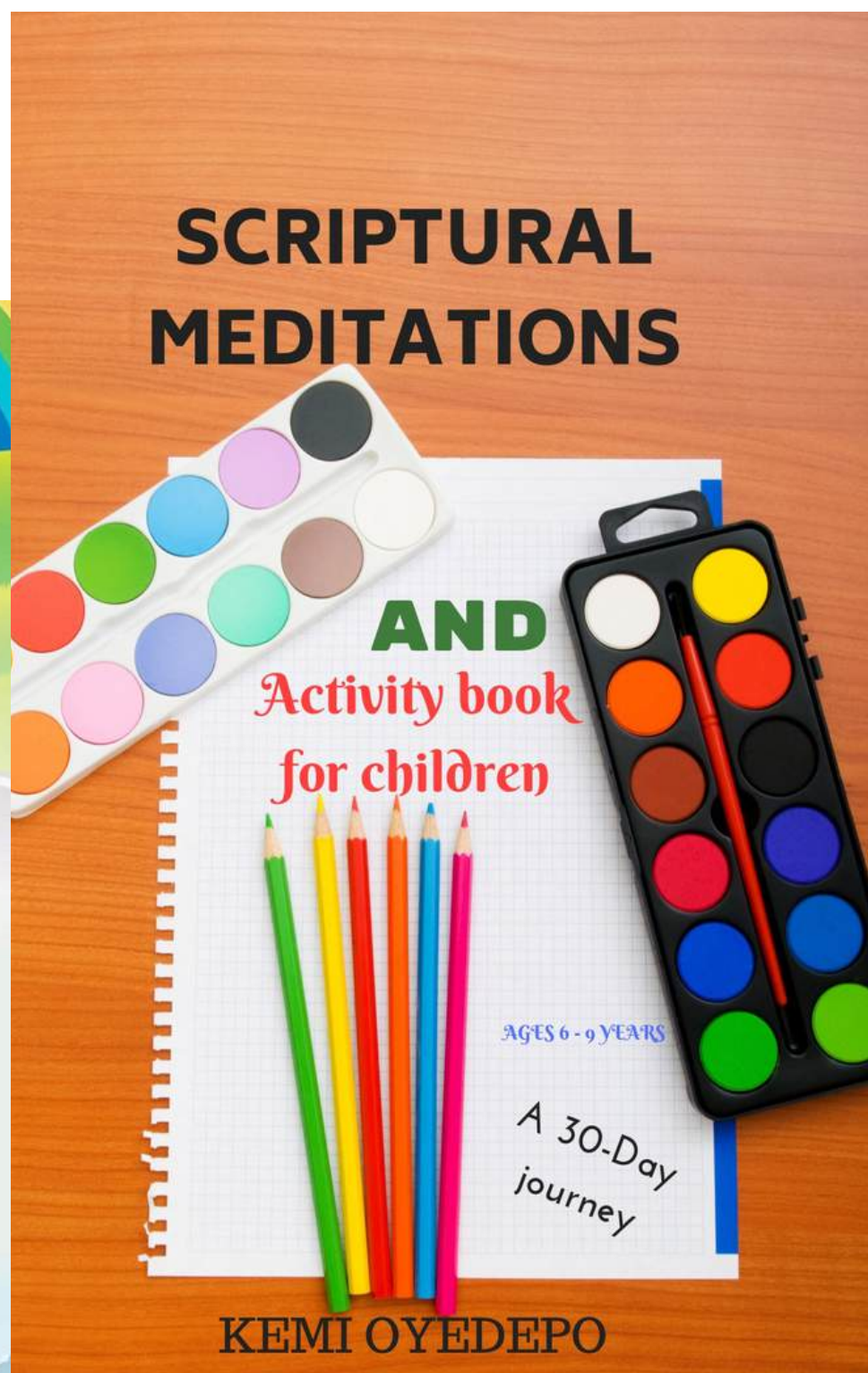
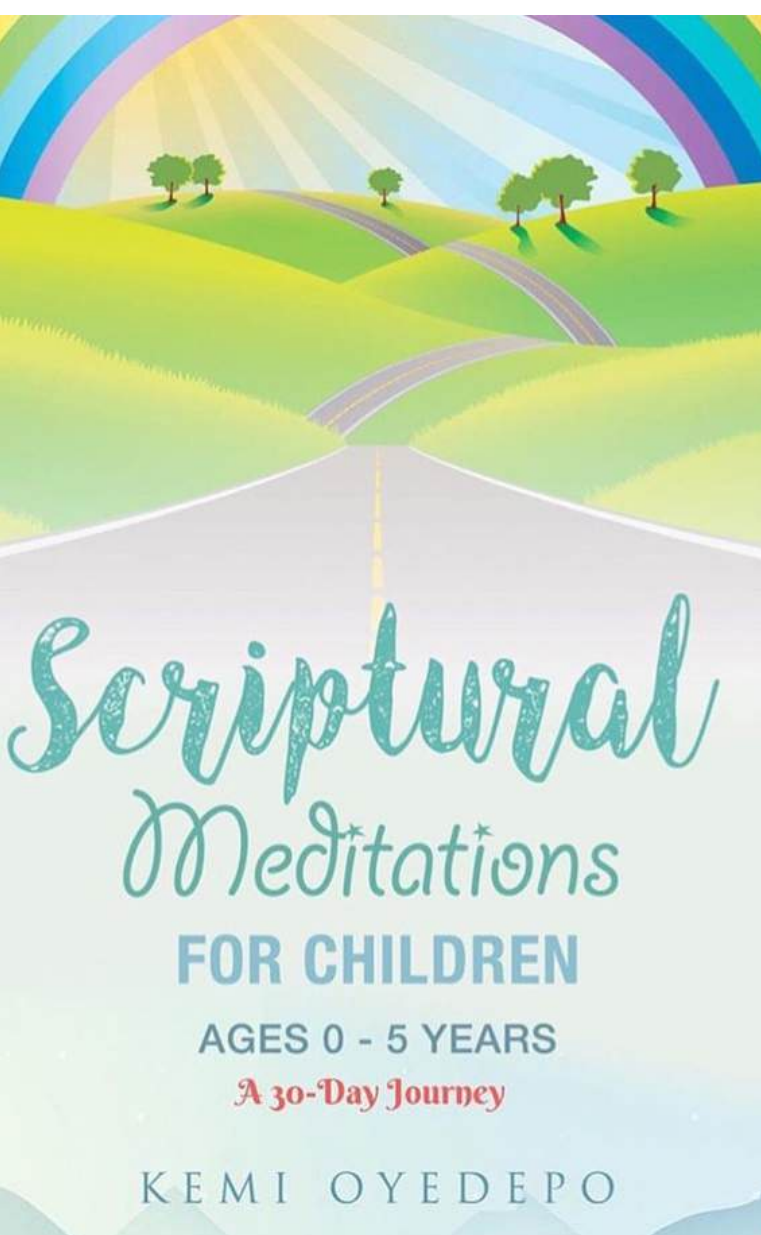


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Kemi Oyedepo is a Kingdom driven writer and teacher on a mission to help families stand as she draws multitudes to Jesus Christ. She does this through her God given ministries: Crisis-Proof Your Family, BibleMatch Media, and Value Adding Woman.

She also serves officially at the Living Faith Church headquarters in Canaanland, Ota, Nigeria. She is married to David Oyedepo Jnr and they are blessed with children.