

EXTEND GRACE

Cheat Sheet

1. ***Stop Living in the Past***

If you live in the past, your marriage stays in the past. Make the most of today as you leave yesterday behind. You rob yourself of positive communication because you hold on to past actions. Be bold by setting your mind on what is truly important in your marriage starting today.

2. ***Grace is a Gift***

Marriage is the union of two imperfect people attempting to live and grow old together, and it's not always super smooth, it's not always a straight road, but it is a road that is worthwhile. It is a road that needs to be full of grace for those mistakes that will happen.

3. ***Ephesians 2:8***

For it is by grace that you have been saved through faith, and this is not from yourselves. It is the gift of God.

4. ***Two Imperfect Individuals***

Neither of you are perfect. Realizing that each of you have made mistakes and will make mistakes allows you to grow in grace. For each mistake made there is an opportunity for you to extend grace and love your spouse.

5. ***Forgiveness Brings Peace***

When you extend forgiveness to your spouse this releases you from the stress and worry that you care around. It doesn't mean you have forgotten what has happened and yet it allows the healing to begin in your marriage.

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