Marriage-content

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SUBJECT: LISTEN, LISTEN, LISTEN

Listening is hard to do sometimes.

I am guilty of not listening to my spouse. It’s easy to be thinking about my own agenda, my own to-do list, and my own feelings when I’m talking with my spouse. But I bet it’s no surprise to you that when I don’t listen, my marriage suffers!

Here’s today’s *Timeless Marriage Tip*:

**Listening well is a discipline that will reap loads of benefits in a marriage.**

Here are some tips for listening well to your spouse:

**1) When your spouse is speaking, look at his or her face.** This is such a simple thing, but it really communicates respect to the one talking.

**2) Try not to talk too much!** It’s so tempting to interject my own comments, even interrupting when my spouse is trying to tell me something. Listen first—talk later.

**3) Read between the lines.** Body language tells us a lot, doesn’t it? So does tone of voice. Pay attention to your spouse’s words—and to the other ways he or she might be communicating with you.

Listen, listen, listen. You won’t regret it!

Here’s to a better marriage,

ADD NAME