**The Eight “Ates”**

by Russell M. Nelson

(from “*Heart of the Matter: What 100 Years of Living Have Taught Me*”, pp. 73-74))

May I suggest eight “ates” that can help husbands and wives build strong, lasting relationships.

**First, *anticipate*.** Think of each other’s hopes and needs, and anticipate them.

**Second, *appreciate*.** Simple expressions of thanks make all the difference. The Lord loves a grateful heart, and so does your companion.

**Third, *celebrate*.** Don’t just remember your wedding anniversary and each other’s birthdays, *celebrate them*! Celebrate finding each other! Celebrate your sealing by attending the temple regularly together. Celebrate your love for each other with date nights so that you have time together alone.

**Fourth, *cooperate*.** Lift each other’s load and lighten each other’s burdens. Turn to each other first.

**Fifth, *elevate*.** Do all you can to elevate each other’s mood at the end of a long day, or during a difficult challenge, or while sorting through a difference of opinions. Transform problems into opportunities.

**Sixth, *motivate*.** Encourage your spouse to develop his or her talents, to grow, and to serve. Be the reason your spouse is able to do something he or she might not have thought possible.

**Seventh, *radiate*.** Try to radiate more light than heat! Work together to make your home a lighthouse for your neighborhood.

**Eighth, *supplicate*.** When Adam and Eve were cast out of the garden, the “called upon the name of the Lord, and they heard the voice of the Lord…speaking unto *them*.” Study the gospel together. Grow in spiritual symmetry. Let your home be a house of prayer, a house of faith, and a house of God. Make your home the primary sanctuary of your family’s faith. Doing so will bless your marriage in ways you cannot imagine.