



10 Habits of Healthy Marriages

Divine Grace Coaching
Guiding Couples with Grace

Why Habits Matter

Healthy marriages are not built on feelings alone. They are built through intentional habits that strengthen connection, trust, and commitment over time.

1. Pray Together

Invite God into your relationship and spiritual life.

2. Communicate Honestly

Address concerns before resentment grows.

3. Prioritize Your Marriage

Protect time together and nurture connection.

4. Practice Forgiveness

Extend grace because no marriage is perfect.

5. Protect Your Relationship

Establish healthy boundaries.

6. Handle Conflict Respectfully

Disagree without damaging one another.

7. Continue Dating One Another

Keep pursuing each other after marriage.

8. Support One Another's Growth

Encourage dreams, goals, and spiritual growth.

9. Share a Vision

Discuss the future you want to build together.

10. Keep Christ at the Center

Allow faith to guide your marriage.

Reflection Questions

Which habit feels strongest in our relationship?

Which habit needs intentional work?

What habit do we want to begin building now?

Prayer

Lord, help us build habits that honor You and strengthen our future marriage. Teach us to love, forgive, communicate, and grow together with You at the center.