

**New Morning Star Baptist Church  
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## **Godly Marriages Built To Endure A Pandemic**



**Presenter: Deaconess Evette R. Saunders**

## **Strengthening Your Relationship During COVID-19 Lockdown**

As couples spend more time in the same space during the COVID-19 (coronavirus) lockdown, it's not surprising that tensions sometimes rise. Anxiety about work, disrupted routines, child care issues, lack of social connections, and struggles to be productive at home may lead couples to vent their frustrations on each other.

Here are some suggestions for making the most of your relationship: Take care of yourself first. "You can't take care of your family unless you first take care of yourself. Keep some of your same routines. In addition, you can find activities that are meaningful for you.

1. Carve out individual space if you're both working remotely. Make sure each of you have enough privacy when working at home.
2. Respect each other's time and space. It is recommended that you make time to do things together and spending time on individual interests.
3. Don't assume the other person knows what you're thinking. None of us have lived through a pandemic before, so we don't have past experience to guide us. Talk to each other about your feelings and what worries you. "Don't assume the other person knows something is bothering you.
4. Plan time to spend together. In a recent New York Times article, it is suggested that couples spend quality time together.
5. Practice gratitude, the article further recommends showing gratitude and appreciation for your husband or wife. A sincere "thank you" will bond you closer, much more than criticisms of what didn't get accomplished or performed correctly.

6. Keep your sense of humor, lastly, injecting humor and keeping things light when you can.
7. “Life isn’t going to be perfect all the time. The value of a relationship is that you stick by each other for better or for worse. This pandemic isn’t a permanent situation. Try to stay focused on the good things that are happening.”