

becoming  
**ONE**

nurturing your marriage



## REPENT

*for the kingdom of God is at hand.*

*(Matt. 4:17)*

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What do these words of our Lord have to do with marriage? The answer is: everything! In the everyday routine of married life, we tend to fall into some bad habits with our spouse: negative communication, impatience, lack of affection, taking each other for granted, indifference, etc. Today, “repent,” that is, change your mind/your focus in one way that moves you toward your spouse/draws you nearer to him/her.

