... you who are married, when you approach your spouse; . . . Whatever you say, whatever you think of saying, say it only after you've said a word or two which will give others joy, consolation, a breath of life.

--Elder Aimilianos

What beautiful words of counsel for all our relationships, beginning with our marriage! What a gift we would offer to our spouse if we began all of our conversations with words that “give joy, consolation, a breath of life!” Try this for the next few days and see how it impacts your interactions with your spouse.