



## Couch Time

Do you remember your parents having a disagreement when you were a child? Do you remember how you felt about it? Kids and teens need the security of knowing their parents love each other. Without this security, they may act out in many different ways to try to get you to reconcile, or gain attention from you.

Take 15-30 minutes at least once a week to work on your husband/wife relationship in front of the kids/teens, but without them interrupting. Tell them you need a little time because you want to work on your relationship.

Single parents need to do this, but use this time for prayer and Bible study. Work on your relationship with God.

### **Psalm 68:5**

A father to the fatherless, a defender of widows, is God in his holy dwelling.

### **Ephesians 5:33**

However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.