



# The Divorce-Proof Marriage

## An Expanded Checklist for Christian Men Committed to a Thriving, Lifelong Union

*“Husbands, love your wives, just as Christ loved the church and gave Himself up for her.”*  
— Ephesians 5:25

Marriage is not merely a legal contract—it’s a sacred covenant. Divorce-proofing your marriage isn’t about perfection, but about being intentional, sacrificial, and faithful. The following checklist outlines the essential actions every Christian man must take to cultivate a marriage that reflects the love of Christ and stands strong through life’s storms.

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### 1. Pursue Spiritual Leadership Daily

- Pray with and for your wife every day.
- Read God’s Word together regularly (even briefly).
- Attend church together consistently and engage in a community of faith.
- Lead in forgiveness, confession, and repentance.
- Model Christlike humility, service, and grace in the home.

### 2. Make Your Marriage Your Top Earthly Priority

- Put your wife above your job, hobbies, and even your children.
- Regularly affirm to your wife that she is your most important relationship.
- Guard your schedule to ensure time together, not just logistics and tasks.
- Learn her love language and meet it generously.
- Take personal responsibility for the health of your marriage—don't shift blame.

### 3. Fight for Emotional Intimacy

- Ask thoughtful, open-ended questions and *really* listen.
- Share your inner world—fears, hopes, dreams, and disappointments.
- Don't shy away from vulnerability. Let her into your heart.
- Validate her feelings even if you don't understand them.
- Initiate deep, non-surface conversations weekly.

### 4. Commit to Radical Faithfulness

- Guard your eyes—be accountable with what you watch and look at.
- Avoid flirting, secrecy, or any emotional ties outside your marriage.
- Confess temptation early before it becomes sin.
- Keep open access to your devices, messages, and accounts.
- Remember: purity is not just about avoiding sin, but pursuing holiness.

### 5. Serve Her Sacrificially

- Share the load at home—especially when she's tired.
- Surprise her with acts of kindness, not just on holidays.
- Ask, "What can I do today to lighten your burden?"—and mean it.
- Be proactive, not reactive, in anticipating her needs.
- Give without keeping score.

### 6. Cherish and Honor Her Publicly and Privately

- Speak highly of her in public—never criticize her in front of others.
- Praise her beauty, strengths, and virtues often.
- Never joke at her expense.
- Seek to protect her reputation and emotions.
- Remind her often: "I'm thankful to be your husband."

### 7. Pursue Her Romantically

- Keep dating her—plan and initiate meaningful time together.
- Be affectionate beyond sex—hold her hand, hug, and kiss often.
- Surprise her with thoughtful gestures: notes, gifts, or time away.
- Never stop wooing her heart, even decades into marriage.
- Ask what makes her feel cherished—and do it often.

## 8. Deal with Conflict Biblically

- Don't avoid hard conversations—face issues with gentleness and truth.
- Never yell, threaten, or manipulate.
- Choose reconciliation over winning.
- Apologize sincerely and take ownership.
- Bring in a godly counselor or pastor early when needed—don't wait for crisis.

## 9. Invest in Personal Growth

- Be a man worth following—pursue integrity, purpose, and maturity.
- Confront your own baggage and heal your wounds through discipleship or counseling.
- Cultivate habits that fill your tank: exercise, learning, accountability.
- Know that a healthy man builds a healthy marriage.
- Commit to lifelong growth, not coasting.

## 10. Invite God into Your Marriage Continually

- Ask the Holy Spirit to refine you into a better husband.
- Declare your marriage a ministry to the world.
- Pray together during crisis, joy, and everyday moments.
- Seek to glorify Christ through your love and loyalty.
- Remember: a threefold cord is not easily broken (Ecclesiastes 4:12).

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## Final Thoughts

A divorce-proof marriage isn't guaranteed by doing these things once—it's forged in daily, Spirit-empowered effort. You may stumble, but don't quit. Stay humble. Stay teachable. Stay faithful.

Remember, God is the author of marriage, and he wants your marriage to be the best that it can be. And your diligence today may be the legacy that blesses generations.