

MARRIAGE® in FOCUS

Marriage Maintenance Guide

*Routine Investments.
Deeper Connection.
Lasting Strength.*



Marriage Maintenance

Routine Investments. Deeper Connection. Lasting Strength.

Because strong marriages don't happen by accident—they're built through regular and intentional care.

"For this reason a man shall leave his father and his mother and be joined to his wife, and they shall become one flesh."

Genesis 2:24-25

"Maintain" may sound dull or uninspiring. However, it is often the key difference between something that is thriving and something that is just surviving.

Take vehicles, for example. Regardless of make, model, engine, or features, vehicles require regular maintenance to operate in accordance with the manufacturer's design. Maintaining tire pressure, changing engine oil, replacing air filters, and performing routine brake inspections can ensure a vehicle's health and performance. Even testing the lights, replacing the wipers, and detailing the car can improve the driving experience.

Just like vehicles need regular maintenance to operate at their peak capacity, our marriages do as well. Paying attention to our marriages on a regular, routine, and scheduled basis makes a significant difference. However, too often, couples wait until the transmission fails rather than addressing minor issues along the way. Replacing or repairing a blown transmission in a vehicle is far more expensive, time-consuming, and problematic than a quarterly oil change. The same is true for marriages.

main·te·nance

/'mān(t)nəns/

noun

The process of maintaining or preserving something; the state of being maintained

Synonyms: preservation, upkeep, conservation, care, support

Just like vehicles need maintenance to operate at peak capacity, marriages do too.





Marriage Maintenance

Routine Investments. Deeper Connection. Lasting Strength.

FAQs

What is Marriage Maintenance? Marriage Maintenance is the regular, intentional care of a marriage—creating space for conversation, reflection, and shared rhythms that strengthen connection over time. It's not about fixing what's broken, but about investing in what matters so marriages can continue to grow, deepen, and remain strong.

Why should we actively participate in marriage maintenance? Life is hard. Relationships are complex. Men and women are uniquely hardwired. Our families of origin differ, and we have distinct perspectives and life experiences. Not to mention, we have a spiritual enemy who hates godly marriages and will do everything he can to divide us. All of these things lead to this reality—building and keeping a thriving marriage takes hard work! One of the biggest marriage myths is that if marriage is hard, something must be wrong. Nothing could be further from the truth.

How do we engage in marriage maintenance? First, you and your spouse should pray and ask God to give you wisdom, guidance, and to bless your efforts to maintain the marriage He designed for you. Second, identify a couple you admire that could serve as your mentor (more on this next). Third, ask the couple if they would be willing to meet with you to share insights from their marriage. Finally, establish a meeting rhythm to support continued growth.

Who should be our marriage maintenance mentors? First, your mentors should love God and have an authentic relationship with Jesus. Their marriage should display the Fruit of the Spirit. No marriage is perfect, but your mentor couple should have a Biblical marriage and be committed to living according to the Word of God. Although not required, we think it's ideal for your mentor couple to be a season ahead of you. For example, if you have young children, it may be helpful for your mentor couple to have already navigated that season of life.

When should we do marriage maintenance? We suggest quarterly meetings with your mentor couple. This schedule creates a sustainable, consistent rhythm.



Marriage Maintenance

Routine Investments. Deeper Connection. Lasting Strength.

A few notes on how this works in practice:

Couples often ask whether there is a specific book to use or a program to follow. In short, the answer is no. There are lots of great resources that you and your mentors could incorporate to help guide you, but at its core, this is a relationship-based ministry. The one-on-one nature helps to foster an environment of trust, safety, and openness. This model is key to strengthening and deepening your relationships—stronger and deeper in your relationship with God, one another, and your mentor couple.

Two key factors drive the success of marriage maintenance:

*Desired
Growth*

*Complete
Transparency*

This is not a program.

This is not a curriculum.

This is a relationship-based ministry.

FOCUS

Faith | Oneness | Communication | Unselfishness | Sex

This is simply a guide that is helpful to us. Rarely do we get through all five areas, as a single question and response often becomes the primary focus of the meeting. Find something that works for you!

Faith:

• *How is your relationship with Jesus?*

Oneness:

• *Are you functioning as a team?*

Communication:

• *How well are you listening?*

• *How are you handling conflict?*

Unselfishness:

• *How are you meeting one another's needs?*

Sex:

• *Women, do you feel cherished?*

• *Men, do you feel respected?*

The goals of marriage maintenance are to:

- *Build accountability*
- *Avoid isolation*
- *Promote healthy communication*
- *Illuminate blind spots*
- *Establish guardrails*



Marriage Maintenance

Routine Investments. Deeper Connection. Lasting Strength.

The specific method you and your mentor couple choose is secondary to your devotion and commitment to building and maintaining the marriage God designed for you.

Start maintaining your marriage today!

marriageinfocus.org
info@marriageinfocus.org

