

## The Core: Champion Family

### 4 Habits for a Healthy Marriage

1. Have serious fun. (Ecclesiastes 9:9, Proverbs 5:1-18)
  - The best way to protect your message is to enjoy it.
  - Challenge:
2. Love God first. (Mark 12:28-31, Galatians 5:22-23)
  - Loving God in your individual life impacts your married life.
  - Challenge:
3. Respect and love. (Proverbs 12:18, Ephesians 5:33)
  - Our spouse doesn't bring out the worst in us—they reveal the brokenness in us.
  - Challenge:
4. Practice your promise. (Mark 10:6-9)
  - Marriage is not about the big day but the every day.
  - Challenge: