

The Ten Commandments of Happy Marriage



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In the Name of Allah, most Gracious, most Merciful

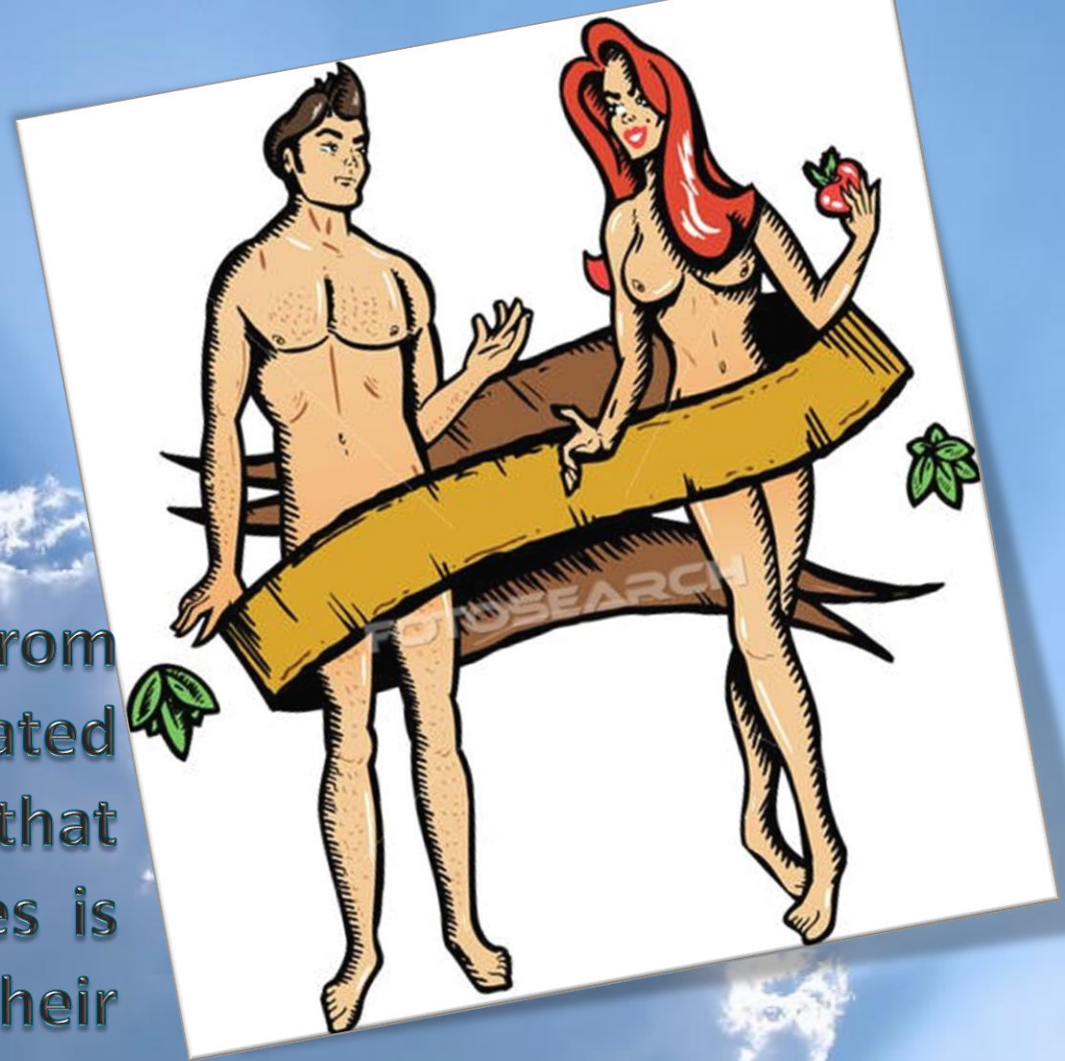
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With this holy verse the Creator has explained to us the wisdom behind marital life, put for us its constitution and explained to us its secret of success.



First: He created from ourselves spouses, created Eve from Adam. In order that the nature of the spouses is unified, accordingly, their needs will be similar and desires are closer and it is easier to deal with and understand each other.





second: our lord has explained to us that the main purpose in creating spouses/ partners to us is to dwell in tranquility with them. this clarification of the main needs and desires of human-being was disclosed only in the last century. dwelling with the spouse includes the feeling of security, safety and settling down. it also includes satisfying the natural desires of human. all these are principal requirements for the success of marital life.

Third: the Creator established between the husband and the wife Love, Kindness and Mercy, which we see now as signs of happy marriage. The one who cultivates these divine gifts in his/her home will soon collect their fruits as the spouse will respond to kindness with kindness and to love with greater love



Marriage experts and specialists have lately understood the importance of love and kindness in marital life, hence, their most important recommendation is: be kind to your spouse. They also say if you have to choose between being right and being kind, be kind. Do something new every week just to show your kindness to your spouse. Here are some ways to check up on yourself to see how kind you are in your marriage





Kindness Test



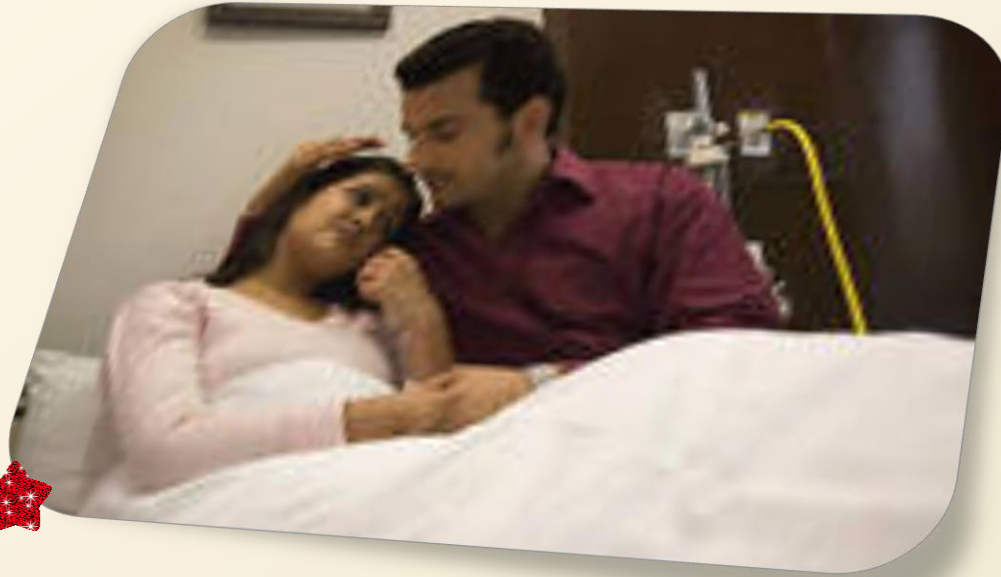
Just Say No



- Do You say "yes" a lot more than "no" when your spouse asks for a favor or for help?
- Are You willing to share that last piece of pie or cookie because being kind is being generous.
- Do You really listen with your heart.
- Do You interrupt your spouse.
- Are You polite and say "please" and "thank you" when speaking to your spouse
- Do You show respect for your mate.



- **Do You let your spouse know how much he/she is appreciated.**
- **Do You roll your eyes when your spouse says something you disagree with.**
- **Do You routinely look for the good in your spouse.**
- **Are You helpful.**
- **Do You allow unkind comments to flow from your lips.**
- **Are You sure that your teasing is fun and not hurtful.**



Kindness and love were only one part of what our Lord created between the husband and the wife. The other part is Mercy, which is more broader and comprehensive, as our Lord has ordained mercy on Himself "Peace be on you, your Lord has ordained Mercy on Himself (6/54 كتب على نفسه الرحمة)" and described his Messenger, "Thus it is due to mercy from Allah that you deal with them gently (2/154) وبرحمة منا لنت لهم".





The mercy of the wife to her husband starts by understanding the problems of his work and trying to alleviate them and join her head with his to find solutions, as two brains think better than one. The mercy of the wife to her husband includes that she does not overload him with endless demands, but to share with him adjusting the budget and curtailing extra expenses.

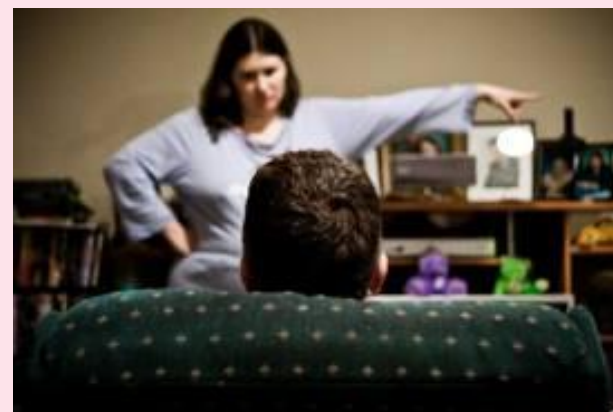


On the other hand, the mercy of the husband towards his wife starts by understanding her problems at home and working to decrease these problems, as routine home work including cleaning, shopping, cooking and washing dishes or pregnancy, delivering, and taking care of children, particularly if she also works outside home





THE TEN COMMANDMENTS IN MARRIAGE



1. Replace the 7 deadly habits in a marriage with the 7 caring habits.

The seven deadly habits are criticizing, blaming, complaining, nagging, threatening, punishing, and arguing.

The seven caring habits include supporting, encouraging, listening, accepting, trusting, respecting, and negotiating your differences.



2. Honor and respect your partner.

Be loyal to him/her from the bottom of your heart at each second, and do all what you could to make it a successful marriage. Love him/her as much as you love yourself and open for him/her your heart so that the spouse opens for you his/hers. Remember there is respect without love, but no love without respect.



3. Stop trying to control your partner.

Remember change starts with you, not with the other one.

Learning not to control your partner can be a long process, but experts say ask yourself: "If I can only control my own behavior, what can I do to help the marriage?" Then think of what you can change to make the problem better.



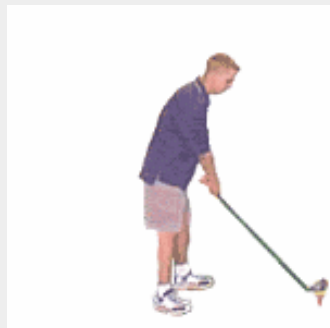
4. If you're the wife, lower your expectations. If you're the husband, step up to the plate.

"Women expect to be loved, cherished, listened to, cared for, and courted," They have a long list of wants and expectations. Men's expectations are more basic. Women need to lower their expectations. Men need to do some of the things the woman wants, such as prioritize their relationship and listen more.



5. Take care of yourself physically, psychologically and spiritually, and develop your sense of humor.

By this way you feel better about yourself, your stress will be down and your tolerance will be up; and you increase your spouse's attraction to you.



You are my



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best friend!!!



6. *Be Best Friends.*

Best friends have a lot in common and like to do many similar things. Make sure there's a common ground of many shared likes, dislikes, hobbies, goals, dreams; and make your "Life's Plan" together. Focus on what you like and love about your spouse instead of what you don't like or what gets on your nerves. Best friends also allow space to be different.



7. Communication.

"Seek first to understand and then be understood." Don't give mixed messages or play games by saying something and meaning something else. Men are not as good as women at verbalizing what is going on with themselves emotionally. Similarly, men may not understand the reason why their wives have tears in their eyes. Just listening to the wife, without offering to solve any problems, overwhelming her with his kindness and mercy may be the best solution.

8. **Avoid Arguing and Disputing**

The biggest mistake is to get angry at the same time. If you find your spouse angry calm him/her, and if you get angry say "A3ouz Bellah men al-Shaitan al-rajiim". If you want to discuss an important issue, choose a quiet place and a suitable atmosphere, and be calm and constructive in your discussion. As Dr. Phil said it, "if you have to select between being right or being happy, choose to be happy".



If in spite of that dispute takes place remember that dispute too has rules. **First: never dispute or argue in front of the children.** **Second: don't say what you would regret later.** **Third: don't hurt your life partner with a wound that is difficult to heal.** **Fourth: apologize immediately when you discover that you made a mistake or lost your nerves**



9. Purge the "D" word.



As the honeymoon period wanes, and day-to-day difficulties crop up, the word "Divorce" can come up during arguments for some couples,. "Just don't go there" say relationship counselors, and 200 "marriage masters" interviewed for the book, *Project Everlasting*. "Don't use the D word"



10. Finally,

**'Keep Allah in your mind and He will remember you,
keep our Lord inside yourselves and you will find him
with you all the way. If you ask, ask Him, and if you call
for help, call it from Him.**

A surreal landscape featuring a large, pink, shell-like structure that appears to be a giant clam or oyster shell, partially open. The interior of the shell is a vibrant pink color. A small boat is positioned at the base of the shell, with a person visible inside. In the background, there are rolling hills and a sky with soft, golden light. A central inset shows a couple in wedding attire standing on a beach, with the text "I have spread my dreams beneath your feet. Tread softly" overlaid on the image.

*I have spread my dreams
beneath your feet
Tread softly*

**Congratulations for the
Wedding Couples**