

Practical Advice for Single Young Adults - by Raimer Rojas

A Mature Life: The Best Gift You Can Bring into a Relationship

Now is the perfect time to invest in yourself. Before thinking about dating or marriage, make sure you're growing as a person, as a child of God, and as a future husband or wife. The greatest thing you can offer someone isn't your looks or charming words, but a stable, mature life—full of faith, purpose, and wise decisions.

Invest in your character, your emotional health, your walk with God, and your ability to love well. And once you're in a relationship, don't stop growing. Growth doesn't pause when dating begins or marriage starts. True love demands continual maturity.

Singleness with Purpose:

1. **Regularly ask yourself: What choices did I make today that helped me grow as a follower of Jesus and as someone preparing to be a faithful future spouse?**
2. **Reflect on this: What kind of husband or wife do I want to be someday?** Then ask, What needs to change or grow in me now to become that person? Start practicing those qualities today.
3. **Learn to communicate clearly and respectfully now.** Don't wait for marriage to start learning how to speak with honor and to listen without interrupting. Practice with friends, parents, and leaders.
4. **Limit things that don't help you** (like uncontrolled video game habits), and focus on what strengthens your well-being and blesses others.
5. **Have an accountability partner**—someone who will lovingly challenge you and encourage you to honor God in your decisions.
6. **Ask the Holy Spirit for help not just when you're tempted, but beforehand.** Recognize Him as your Helper and constant Ally.
7. **Ask your parents or mature believers who love you to pray for you.** There's power in spiritual covering.
8. **Pray Philippians 2:13 (NLT):** *"For God is working in you, giving you the desire and the power to do what pleases him."*
9. **Avoid doing things in secret.** If you're watching or doing something you wouldn't want others to see, it's forming dishonesty in you. God is forming you to be trustworthy.

10. **Make choices now that prepare you to contribute, not just consume.** Develop skills that will help you earn an honest living. Learn, study, work with excellence. Become useful to God and a blessing to society. That will also make you a better spouse—a provider.
11. **When you can contribute financially to your future marriage, you bring stability instead of stress, and blessing instead of burdens.**

Dating and Relationships:

12. **Look for stable, lasting qualities in someone—not just first impressions or surface-level charm.** Time is your best ally to uncover someone's true nature.
13. **The ability to wait and control impulses reveals self-control and maturity—essential qualities for a healthy relationship.** Look for this in yourself and in others.
14. **Is the person you're interested in motivated from the heart and committed publicly to follow Jesus, become like Him, and do as He did?** Are they changing just for you—or have they had a real walk with God before knowing you? Time will reveal what's truly in the heart.
15. **Struggling with sexual desires isn't the issue—what matters is: What are they doing about it?** Are they taking intentional steps toward sexual wholeness?
16. **Set clear physical boundaries ahead of time.** Be committed and vocal about them. Share those boundaries with your accountability partner. If someone doesn't respect your limits—or doesn't have any of their own—they're not the right person for a follower of Christ.
17. **If, as a dating couple, you choose to kiss or be affectionate, you can still set wise boundaries.** For example: *"Public affection is fine, but let's avoid private, isolated situations."*
18. **Pray for your future spouse now. Bless their spiritual growth.** Pray for Christlike character in them and strength in their weak areas. And pray for yourself too—that you'll learn to love with patience and speak with kindness.
19. **Guard the way you think and talk to yourself.** If you don't see yourself the way God sees you, seek inner healing. Speak about yourself with grace and truth. Love yourself as God loves you.

Practical Advice for Married Couples - by Raimer Rojas

A Healthy Vision of Marriage

Marriage is not the end of personal growth—it's the start of a new season where you grow together. God wants to use this union to shape your character, teach you to love like He loves, and reflect His faithfulness in everyday life. More than “trying to be happy,” marriage is about learning to serve, forgive, communicate with maturity, and walk in purpose side by side. You're building something sacred, one day at a time.

It's not just about fulfilling roles or surviving routines. It's about building a strong, healthy, Christ-centered marriage. The foundation isn't laid once and forgotten—it's nurtured through intentional choices and practical love. Keep growing—as a person, a believer, and a partner. What you sow today will become tomorrow's harvest: a marriage that's faithful, firm, and fruitful.

Helpful Habits for Married Life

1. **Hug and kiss often—and for longer (30 seconds to 5+ minutes) to deepen physical, emotional, and mental connection.**
2. **Save your best focus and energy for your spouse.** Fulfill your responsibilities with honor and heart.
3. **Express how you feel with tenderness and clarity.** Example: “*Lately I've been feeling insecure... could you hold me tonight?*”
4. **Use a positive tone instead of complaining.** Example: “*Would you like me to choose where we go tonight?*”
5. **Don't get defensive when your spouse shares their pain. Listen calmly. If you need to explain, do it later.** Example: “*When you shared that yesterday, I wanted to respond. When would be a good time for you to hear me out without judgment?*”
6. **Take the lead in creating moments where your spouse's preferences and needs come first.** Fight selfishness.
7. **Don't judge your spouse for being different from you.** Learn to notice what they need and respond with love.
8. **Paint a positive picture of your desires.** Example: “*I love it when you give me massages,*” instead of “*You never touch me anymore.*”

9. **Share the load at home: wash dishes, pick up after yourself, take out the trash.** It's not just "help"—it's your responsibility too.
10. **Show gratitude and affirm your spouse with sincere, specific words.** Example: *"Thank you for thinking of me and making that meal—I felt loved."*
11. **Learn new things together:** cook, take a class, start a hobby. Creating together builds connection.
12. **Stop trying to control your spouse.** God called you to self-control, not spouse-control. You can't change them, but you can influence with love, wisdom, and patience. Pray for what's out of your control, and be a blessing—not a burden.
13. **Work toward shared purpose:** serve together, start a project, build something meaningful. Unity grows with vision.
14. **Make time for fun:** go out, play, laugh, tease, watch shows together. Joy deepens intimacy.
15. **Read the Word, reflect, and pray together.** Couples who seek God together grow closer—spiritually and emotionally.
16. **Fight for your marriage, not in your marriage—through actions, personal growth, and renewed commitment.** Part of the fight is setting healthy boundaries with the opposite sex to protect both hearts and avoid any compromise.
17. **Celebrate every small step your spouse makes toward the good of the marriage.** Don't use past failures to crush current efforts. Affirm what's good and speak with love about what still needs work.
18. **Share financial realities with honesty and make major decisions together.** Even if one of you handles more of the finances, key choices should be made with prayer and mutual agreement. Steward what God has provided with wisdom—for His kingdom and your mutual growth.
19. **Seek to meet each other's needs—mentally, emotionally, relationally, physically, and sexually—not as a burden, but as a joyful privilege.** This guards your marriage from unnecessary frustration or temptation.
20. **Protect your spouse from your own words. Don't put them down, complain about them to others, or speak badly behind their back.** You made a lifelong covenant—act like a true partner, not a distant critic.

21. **If something bothers you, speak directly and kindly with your spouse.** Avoid venting to others before you've addressed it where it matters most—at home. Keep your private matters private. The only exception should be trusted spaces like pastoral counsel or professional help—where privacy, honor, and restoration are the goal. Even then, choose wisely.
22. **Appreciate the gift of sex that you give and receive from your spouse. Live it as a privilege, not an obligation.** It is a powerful bond that brings pleasure, delight, and a unity that strengthens the heart of the marriage. Sexual intimacy is not just a physical act, but a sacred and joyful expression of covenant love. God designed it to deeply unite the couple, renew trust, affirm commitment, and celebrate the other as a beloved gift. It is a way of saying with your body, *"I belong to you, I value you, and I am with you wholeheartedly."* That's why you should learn to love your spouse's body—not with judgment or comparison, but with tenderness, acceptance, and joy—celebrating with gratitude the gift God has given you in him or her.
23. **While it's important to honor personal needs that may require pauses in sexual activity as a couple, don't allow prolonged avoidance to become the norm.** The Bible speaks clearly on this: *"Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward, you should come together again so that Satan won't be able to tempt you because of your lack of self-control."*—1 Corinthians 7:5 NLT. & *"Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral."*—Hebrews 13:4 NIV. Unless by mutual agreement for a limited time, withholding intimacy can unintentionally damage trust and connection. Instead, communicate openly, care for each other's hearts with compassion, and pursue a healthy rhythm of intimacy that reflects love, unity, and grace.
24. **See your spouse through the lens of Christ's transforming work.** Remind yourself often: *"I was changed when I met Christ. I'm being changed as I follow Him. And one day, I'll be completely changed when I see Him face to face."* Now apply that same truth to how you see your spouse—and others, including your children. Don't define them by their past. Instead, come into agreement with what God is doing in their life. Speak and act toward them with faith in Christ's power to transform, restore, and renew. Your words and posture can either reinforce shame or release hope. Choose hope by celebrating progress.

Marriage doesn't thrive on romantic feelings alone—but on purpose, sacrifice, and eternal vision. God wants to use you as a team—to reflect His love, build others up, and bring glory to His name.