

Dig Deep: Use the 3 P's to Prepare to Communicate

Communication can be hard. Sometimes we aren't sure what we want to say or we don't know how to say it in a helpful way. Sometimes after praying about it, we realize the issue isn't as much with our spouse as it is with us!

Try taking some time to apply the 3 P's the next time you are in conflict with your spouse. Pray. Process. Plan.

