



Nine Thoughts That Can Change Your Marriage: Because a Great Relationship Doesn't Happen by Accident

Sheila Wray Gregoire

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Is what you believe about marriage getting in the way of a GREAT relationship?

When you've put into practice all the usual advice, but your marriage still falls short of the intimacy and joy you want, what then? Are patience and perseverance your only hope for a better relationship?

Author and speaker Sheila Wray Gregoire says, "Absolutely not!" The solution to a happier relationship is not found in being a more patient, more perfect wife, but in taking responsibility for what you can do—and especially for how you think about your marriage. She challenges you to replace pat Christian answers with nine biblical truths that will radically shift your perspective on your husband, your relationship, and your role in God's design for marriage, including...

- My Husband Can't Make Me Mad
- Being One Is More Important Than Being Right
- Having Sex Is Not the Same as Making Love

With humor and honesty, Sheila invites you to believe that God wants to bring oneness and intimacy to your marriage—and challenges you to partner with Him in that process by changing the way you think.

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Date : Published August 18th 2015 by WaterBrook

ISBN : 9781601427083

Author : Sheila Wray Gregoire

Format : Paperback 240 pages

Genre : Marriage, Nonfiction, Christian, Womens

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From Reader Review Nine Thoughts That Can Change Your Marriage: Because a Great Relationship Doesn't Happen by Accident for online ebook

Jenn says

There are many marriage relationship books I've read over the last 17 years of marriage. Honestly, most of them haven't really "stuck" and some of them I didn't even get all the way through. This book, on the other hand, is one that really hit home with me. The author is so wise yet down-to-earth in each of the chapters. She describes several of the lies many of us women believe and gives us an action plan to turn things around to the betterment of our marriages. I love the practical applications she offers and how she isn't afraid to tell us all about her failures and shortcomings - authenticity is a big deal for me.

One of my favorite thoughts is: Your Husband Is Your Neighbor. Ever thought about that idea? Well, think about it: Shouldn't you treat your husband better than you treat your neighbor? Yet we usually treat complete strangers better than we treat those we love the most! Sheila takes it even further; once married, the two of us are now "one" so this means if he is hurting, I hurt too! So Sheila tells us not to hurt ourselves by causing division and pain with our other half.

Things that should be common sense to us really aren't and need to be broken down easily, and the author does that well. Truly, this is one of the most life-changing books on marriage I have ever read. I suggest that any wife-to-be or wife read it, whether she thinks her marriage is perfect, or whether she's ready to call it quits. Every wife can glean something from Sheila's words of wisdom. It would be a wonderful wedding or wedding shower gift so the young women in your life can get started the right way, instead of needing to backtrack and fix problems later in a marriage.

Thanks, Sheila, and God bless you!

I was given a free copy of this book for an honest review. All thoughts and opinions are my own.

Lindsey Bell says

If you're looking for a new marriage book to dig into, I highly recommend Sheila's new book. It offers REAL solutions to REAL problems people face in their marriages. And it does so without giving pat Christian answers.

Sheila walks through 9 specific thoughts you can change that will make a huge impact on your marriage. Some of these thoughts include:

- My husband is my neighbor.
 - My husband is not put on this earth to make me happy.
 - Being one is more important than being right.
- And more!

My greatest takeaway was Sheila's challenge to treat your spouse as kindly as you'd treat a stranger. Sheila wrote, "Most of us save our best behavior for those whom we barely know and show our worst side to those we know the best." It's sad, isn't it, that we treat our spouses and our kids in ways we wouldn't think of treating someone we barely know?

This book challenged me to do better...to love better...and to stop allowing my thoughts to defeat my

marriage.

*I received this book for free, but all opinions are my own. I was not required to write a positive review of this book.

Carrie Daws says

What a phenomenal book! Sheila Wray Gregoire tackles tough subjects in marriage with great humor and wit, but never releases or negates the wife's responsibility for her own attitudes and actions. She openly shares some of the times she messed up in her own marriage, and then relates the difference a few small (or sometimes BIG) changes made. Whether you are struggling or think married life is pretty good, I'm sure you can find some truth in this book to make things so much better.

Erin Henry says

Really helpful tips. I feel her chapter on being a peacemaker not peacekeeper is really important.

Ngina says

I love this book because it takes you by the ear and forces you to look in the mirror! The tag line is "because a great relationship doesn't happen by accident" - Sheila helps you see how you can change the dynamics of your marriage, instead of waiting for your spouse to change. Super fun read!

Laura says

Whether you've been married for 5 minutes or 80 years, whether your marriage is lousy or fantastic, you need to read this book. My marriage is great and we've been married a while, but I still found this book to have a wonderfully positive impact on my marriage.

C says

I received this as a Goodreads giveaway. I found it to be an enlightening, encouraging, and helpful relationship book.

Beth says

Although this book was not life-changing for me, it was thought-provoking. I was able to take away at least one thing from each of the nine thoughts that will make an impact of my marriage, family and myself.

This book is well worth reading even for those women who are engaged or have been "happily" married for many years.

My only complaint is that she sometimes misapplies scripture to make her point. Meaning she uses particle verses or takes verses out of context. I don't think her intention is to mislead but when you read the entire verse in context you realize that it is not referring to what she is using it for.

Overall all this is a good read that has value for any woman that wants to understand herself and her husband while improving her marriage.

Amanda says

Great Book Whether You Have a "Good" Marriage or one that needs some TLC!

My husband and I have been married going-on-three-years. I know, ancient. We have a ~~good~~ great marriage. It's not perfect (neither of us are), but we've grown a lot and worked through things together. We understand each other better now, and we try to make sure we're fighting for each other, not with each other.

Even though we're blessed to be in our relationship and for it to be so strong already, I'm always trying to learn new ways I can better serve my husband. Because I love him. I thoroughly enjoyed Shelia's To Love, To Honor, and To Vacuum so when I had the opportunity to review her newest book Nine Thoughts that can Change Your Marriage, I jumped on it.

What Shelia does in this book is very important. She gives you the tools you need to change your marriage. A change starts with you. Oh, she doesn't ignore the reality that your husband may be at fault, but she shows that by changing how you think in 9 areas, you can make a difference in your marriage regardless of if he changes or not.

It sounds lofty, but here's the lovely part: each thought Shelia makes totally actionable.

Take her first thought, as an example: My husband is my neighbor.

Here are her action steps:

How well do you know your husband? Every day for the next two weeks, ask your husband something new about him - and share something about yourself.

Show your husband he is your priority. Put on makeup for him, greet him at the door, or kiss him before you kiss anybody else.

Tell your husband daily why you love him.

Make confession part of your prayer life every day - and apologize whenever you feel an inkling that you have done wrong.

Practice random acts of kindness. Choose two to three from pages 28-30 to make into habits.

Now, the book is not just a list of thoughts and action steps. Shelia takes time to talk about each point and really make them applicable, candidly sharing her experiences and how these thoughts and actions helped turn her marriage from one of frustration to one of fun.

This is a great book regardless of if you feel you and your husband are at odds. My husband and I have

already worked through some of this in our time together. When I read why and how Shelia recommended going about some of these suggestions, I really felt validated that my husband and I were doing a good job of working together.

But that's not enough.

I want to make sure I don't let things stagnate, and I found this book full of practical suggestions to make sure I'm taking care of my husband and our marriage, which, after my relationship with God, is my top priority ... and the best gift I can give to our children.

Highly recommend.

I received a complimentary copy of this book from Blogging for Books in exchange for my honest opinion.

Jessica Lynn says

I appreciated her honest writing and approach to some of the more touchy subjects of marriage. The action steps through out the book are a great way to take the ideas and put them into your everyday, real life and interactions with your husband.

Jessica Abell says

Really is just eye opening and tweaks the way of thinking in marriage. Sheila is insightful and connects with the reader on each thought. Great read.

I also follow her blog. She is amazing.

Gabrielle W. says

A refreshing new book to the sea of relationship books. After reading so many marriage/relationship books it's hard to find one the you not only agree with but one that also teaches you something new.

Sheila Wray Gregorie tackles tough subjects tackling real life problems with real life solutions.

She goes through (as the title says) 9 thoughts that can make a huge impact on your marriage. Though I am not married, I've read my fare share of marriage books, and I loved this one!

"Because a great relationship doesn't happens by accident,"-Sheila makes you look yourself in the mirror and helps your see how you can make good changes to your marriage instead of waiting around for your husband to do it....my mom (whose been married for 27 years) 'stole' the book from me and read it cover to cover several times, she even went on and purchase other books by Sheila Wray Gregoire-she loved this book that much!

This book is definitely added to my must read marriage relationship books.

I received this book from Blogging for Books in exchange for an honest review. All opinions expressed are my own.

Heather King says

Sheila Wray Gregoire's new book, *9 Thoughts That Can Change Your Marriage*, accomplishes something quite difficult: Saying something fresh about marriage. After reading and/or reviewing so many marriage books that focus on male/female communication and seeing the world as either pink or blue and offer cute little catchphrases, I loved how Gregoire dug a bit deeper. She tackles commonly held cliches or superficial Christian marriage beliefs and replaces them with 9 thoughts that could change the way you think about what it means to love your husband.

Her first thought sounds so simple: "My Husband is My Neighbor." But in that one simple thought, she addresses an attitude adjustment that we need to make as wives. She writes, "it's often easier to feel compassion for people in the abstract than for individuals we know up close and personal" (16) and also, "I have this sneaking suspicion that most of us save our best behavior for those whom we barely know and show our worst side to those we know the best" (17). Isn't that so true? We often display grace, forgiveness, and compassion for those outside of our home, strangers even who we meet at the grocery store or the bank, but then snap at every flaw we see in the one person we are to treasure the most.

Her other thoughts are just as important, valuable, and challenging, including "My Husband Can't Make Me Mad," "My Husband Was Not Put on This Earth to Make Me Happy" and (my favorite), "I'm Called to Be a Peacemaker, not a Peacekeeper." In this last chapter, she argues that "pursuing peace does not mean seeking an absence of conflict." Instead, God's heart is for oneness, and sometimes that means choosing to work together to fix differences instead of simply ignoring them in an effort to "keep the peace."

Gregoire manages to maintain a very difficult balance. Submission and respecting our husbands does not mean allowing them to do whatever they feel like it, no matter how abusive, harmful, irresponsible, and hurtful. Her question is, "If you step back and 'submit,' are you being a 'suitable helper' to him? Or are you enabling him?" Nor does establishing boundaries in marriage mean threatening divorce or harping on his every flaw and failing. She suggests that holiness in marriage results from lovingly helping each become more Christ-like, loving each other enough to speak truth in love when necessary.

Throughout each chapter, Gregoire includes Action Steps and then she includes a summary of all of the action steps at the end of the chapter so they are easy to find and implement. You may not be able to do each action step in a chapter, but with several choices, there is usually something you can put into practice. Some action steps involve your husband and some you can do on your own, like "Pray about where God is leading your husband. Ask God, 'How can I tangibly support my husband in that?'"

She also provides a helpful appendix with her favorite marriage resources in various categories, such as: Make Your Marriage Great, The Purpose of Marriage, Sex, Handling Conflict and Setting Boundaries, and Roles in Marriage. I loved this resource list because it's likely that as you read her book, you'd identify the weaker aspects of your marriage and then find further information and encouragement on those specific areas.

Ultimately, this is a marriage book for an engaged woman, the newly married, the seasoned wife with a great marriage and the woman in a marriage that is struggling. While not every one of her thoughts will fit your own marriage needs, there are most likely at least some healthy reminders or fresh encouragements to help any wife make her marriage better.

I received this book free from the publisher. I was not required to write a positive review and the opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255 : "Guides Concerning the Use of Endorsements and Testimonials in Advertising."
