

New beginnings, new hour.

ANDRÉ & SONIKA KRUGER

HEALTHY HEARTS

Proverbs 4:23 (TPT)

So above all, guard the affections of your heart, for they affect all that you are. Pay attention to the welfare of your innermost being, for from there flows the wellspring of life.

MOVE YOUR EXPECTATION

Psalm 62:5-6 (NKJV)

My soul, wait silently for God alone, for my expectation is from Him. He only is my rock and my salvation. He is my defence. I shall not be moved.

MOVE YOUR EXPECTATION

Result:

- A safe heart
- An appreciative heart

TRUST IN GOD

Proverbs 21:1 (NKJV)

The king's heart is in the hand of the Lord, like the rivers of water; He turns it wherever He wishes.

TRUST IN GOD

Treating your husband like a king: WHY?

- God will fight for you when you honour your husband as the head of the home
- You will motivate your husband to act like a good king

TRUST IN GOD

Speaking to the King of Kings first

- It prepares a wife's heart to speak with wisdom and honour
- It prepares a husband's hearts to be sensitive and understanding
- It opens the door for the King of Kings to fight for us, because as we honour our husband, we honour God.

TRUST - REAL INTIMACY

Proverbs 31:10-12 (NKJV)

Who can find a virtuous wife? For her worth is far above rubies. The heart of her husband safely trusts her; so he will have no lack of gain. She does him good and not evil all the days of her life.

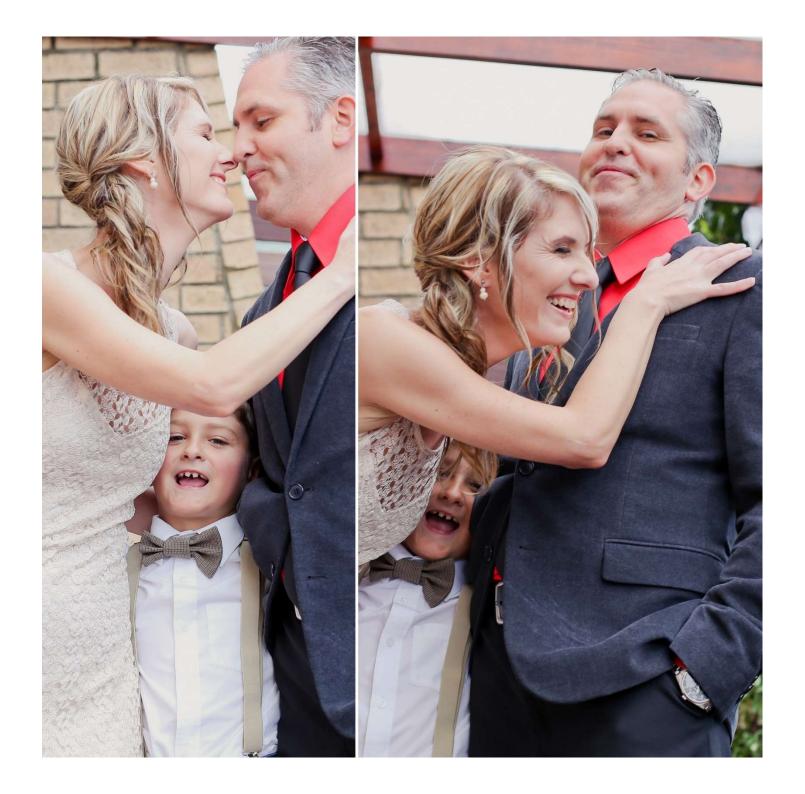
Matthew 6:33 (NKJV)
But seek first the kingdom of God and
His righteousness, and all these things

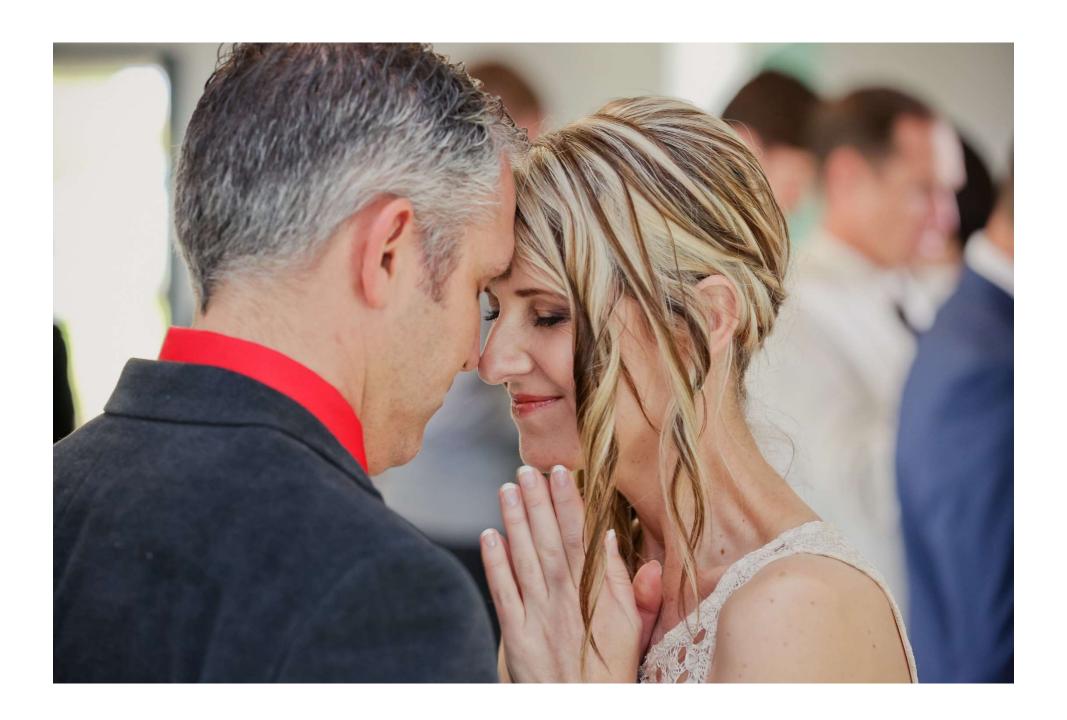
shall be added to you.

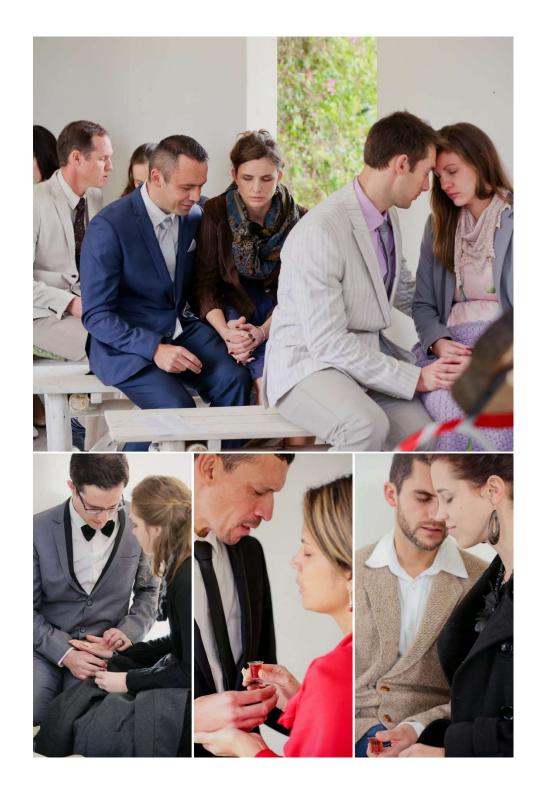
Church involvement

8-year Study by Shaunti Feldhahn -'The Good News About Marriage' reveals the divorce rate among those active in their church is **27 to 50 percent lower** than among non-churchgoers.

Celebrating our wedding anniversary with other couples











Enlarging your heart!