

# DAILY ACTIVITY:

Use your words to be intentionally positive, encouraging, and loving.

- Acknowledge your spouse for something positive daily, notice something good they have done or are doing and affirm it. This is a powerful way to encourage and speak love over your spouse.

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# WEEKLY ACTIVITY:

- Lamentations 3:40.  
"Let us search out and examine our ways and turn back to the Lord." (NKJV)

Let's call this activity a "Companionship Inventory". Choose a time when you both have an hour free each week. Start with prayer, remember, Christ is the center of our marriages so invite HIM to the meeting. Next, compliment and express gratitude for each other, it starts the conversation on the right foot and helps to soften any blows and heal any hurts. Express your needs, use "I" statements here. For example, "I am feeling \_\_\_\_" or "I am in need of more affection."

Sometimes we find it's easier analyzing our spouse than ourselves, but interpreting your spouse's thoughts, feelings or motives only distracts you from identifying your own underlying issues and invites defensiveness from your spouse. Always end with a prayer of praise and a physical display of affection, a hug or kiss or both! Here are some example questions:

- -"What is something I did to make you feel loved this week?"
- -"How did I do at showing my appreciation for you?"
- -"Did you see any answered prayers this past week?"
- -"What's the best thing I can do to let you know that you are my priority and my joy?"
- -"How can I pray for you this coming week?"
- -"How do you see God at work in your life?"

2<sup>nd</sup> TIMOTHY

For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

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# MONTHLY ACTIVITY:

- Make date nights a priority! Time alone together is VITAL for your continued growth and health. Twice a month be intentional about making time for just you and your spouse. So many times we can get caught in a routine of sitting in the same room at the same time and count that as quality time. Here are some practical date ideas.
- -pick a small home improvement project and work on it together.
- -have a picnic dinner in the backyard (bad weather? lay a blanket on the floor or as a tablecloth on the kitchen table, be as creative and romantic as you can)
- -re-enact a favorite date night from early in your relationship.
- -catch a sunrise or sunset together.
- -go on a lunch date during the week together.
- -play a favorite board game or card game from your childhood.
- -challenge each other in the kitchen by whipping up a meal only using what you can find in your pantry.
- -listen to a podcast on marriage together, stopping for discussion.
- -drive 30 minutes away from your house listening to songs from when you were dating and stop and explore something new together (food, restaurant, store, landmark, museum)
- -make a list of your favorite traits about your spouse and share it with them.
- -drive in Netflix; set up your car with blankets and your favorite movie snacks, bring out a laptop and watch your favorite movie.

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# YEARLY ACTIVITY:

## LOVE JOURNAL

### Preparation

- -Purchase a journal or notebook
- -Designate a location where you will pass the journal back & forth

### Use

- -Dedicate the first page of your Journal by writing words of love, encouragement, and blessings. No negative comments.
- -Date your love notes
- -Include fun things you have done together.

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## 1<sup>st</sup> CORINTHIANS 13:4-7

Love suffers long and is kind; love does not envy; love does not parade itself; is not puffed up; does not behave rudely, does not seek it's own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. (NJKV)

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