

MARRIAGE FOCUS – GRATITUDE, PEACE AND CONTENTMENT

Marriage Exercise – Expressing Gratitude for Your Spouse

In every area of life, what we focus on gets bigger and feels more real. The same is true in our relationships and even how we view ourselves. There is no more important human relationship than the one we have with our spouse. Because of this, we must CHOOSE to have eyes that see the good, assume the best and rest on the godly qualities in our spouses. This month the focus is on having a heart of thankfulness.

Keep a DAILY gratitude journal about your husband. This could be personal traits, acknowledging gifts and talents, and/or how he serves and loves your family in his unique way . . . what he contributes to making your life together better.

Assess. Did taking a month to really focus on the good in your spouse change the dynamic of your relationship? How you see him? How you treat him? If so, how?

Date Night Questions

Create a special date night. The theme of this night is gratitude for each other and an opportunity to count your blessings together. Come up with a creative way to commemorate your evening and your blessings.

Use this time to share your gratitude journal with your husband.