

MARRIAGE FOCUS – THOUGHT LIFE

Marriage Exercise – Love Note

Sometime during the next month, write your husband a note and leave it somewhere where he will discover it when you aren't around. Tell him how you felt when you first fell in love with him. Tell him how you love him now; tell him how you will be there for him!

Use those words, or something very close to them. Your assurance that you will always be there is huge—much more important than you think. Come ready to report back to the group about what happened.

Date Night Questions

It is important for the health of your marriage to take time to plan and have a date night together. If you pull aside from all the demands of life, you are able to focus on each other. This can be challenging, but if you make it a high priority, it will pay great benefits in the years to come.

We are called to live in harmonious relationships . . . to build up rather than bring down.

There are seven types of positive ways we can build up each other:

- appreciation
- acceptance
- approval
- affection
- attention
- affirmation
- admiration

Ask each other to share some specific ways you can communicate encouragement in each of these areas.

How can I show you appreciation?

Are there ways I can communicate that you are fully accepted?

What are some ways you would like for me to show affection . . . attention . . . affirmation . . . admiration?