

## MARRIAGE FOCUS – INTIMACY IN MARRIAGE

### Marriage Exercise – Show Your Love

Are you willing to put forth effort to have the kind of marriage you dream of? If so, do something concrete to show your love for your husband every day for the next month. Please write down some of what you did to share your ideas with others in the group. We can learn creative ideas from one another.

If the thought of doing something each day overwhelms you, modify the challenge and plan something once a week. Write this down also to share.

### Annual Getaway

A yearly checkup is highly recommended for your marriage. This becomes even more critical during the years you're raising your children. Make it the highlight of your year.

- Make it anticipated and well-planned
- Go away for a minimum of two nights
- Some like to do something new each year while some like going to the same place
- Set aside time for intimacy
- Take time to talk – share goals and dreams, and recall special times together
- Reaffirm your love for each other

### Date Night Questions

Take turns completing the following statements (you don't have to write down):

Three things I appreciate about you that are different from me are . . .

Three things I enjoy doing with you are . . .

When it comes to sex, I really like it when you . . .

One idea to spice up our intimacy would be . . .