

# GREAT DATES

*\*6 Making your marriage a priority 9\**

At Gulf Breeze United Methodist Church we want to start a trend. We want to encourage the couples in fellowship to start making their marriages a priority. We believe that even good marriages need regular time apart to maintain closeness. We also believe that this closeness in marriages can only bring good to all areas of our lives, our families, our church and our community. This is just the beginning, so watch out for things to come!!

Marriages are never static. They are always changing. They are either growing or withering. In a high-priority marriage, spouses commit to nurturing their always changing relationship. They work at staying close. They learn to say "No" to over-commitment. They take time for each other. They remember why they fell in love with each other to start with. They remember that they really like each other. They enjoy each other.

*They have fun together.*

So, tonight, your goal is to enjoy each other. This is not a "solve all your relationship issues" night. As best you can, shut away the "issues," the kids, the chores, work, money, the in-laws, the football season, the economy, the state of the world...

1. JUST TAKE TIME TO BREATHE AND SETTLE DOWN. Take some deep breaths and let the stress of the week melt away.
2. MAKE SURE YOUR BODY IS RELAXED. If you can, sit across from your spouse so eye contact is possible. Body language communicates way more than words do. Hold hands. Bump shoulders while you are walking. Smile with your whole face, including your eyes. Go park somewhere (safe) and make-out like you used to do. (Please do not get arrested!! On second thought, do this at home.)
3. REMEMBER THAT THIS PERSON WITH YOU CHOSE YOU OUT OF THE WHOLE WORLD TO LOVE. ISN'T LOVE AMAZING AND WONDERFUL!! Aren't we blessed to have each other!?
4. FOCUS ON EACH OTHER. LOOK AT EACH OTHER. REMEMBER THAT YOU LOVE THIS PERSON DEARLY.

YOUR ASSIGNMENT FOR THE NIGHT,  
should you choose to accept it...

TRIP DOWN MEMORY LANE

1. Remember and share the first time you saw each other.
2. What was your first date?
3. What about each other did you notice first?
4. Where was your first kiss? Was it memorable?
5. When was the first time you talked about getting married?
6. What was one of your most romantic moments?
7. What is one of your favorite funny memories?

WHAT IS GREAT ABOUT US!?

Each of you share three things that is great about your relationship and/or about each other.

When things get hectic and you feel distant from each other, what are some of the things you really miss?

- Talking to each other
- Lingering over coffee in the mornings
- Physical affection and snuggling
  - Intimate sexual moments
  - Playing together

What is one thing each of you is going to personally do this week to make your marriage better? (This one can be like a secret pal thing in that the other person will not know what you are doing to do. Or it can be shared and committed to openly.)