



Marriage Exercise – 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 that you love him now and that you will love him forever; that you will always be there for him and that you will NEVER leave him nor abandon him – ever!**

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

We are called to live in harmonious relationships . . . to bless rather than insult. I Peter 3:9 says, *“Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.”*

There are seven types of positive ways we can bless each other: 1) appreciation, 2) acceptance, 3) approval, 4) affection, 5) attention, 6) affirmation, and 7) admiration.

Ask each other to share some specific ways you can communicate blessings in each of these areas. Here some sample questions to ask each other:

- *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?*

Write down what you learn.