

THIS IS US - Marriage Rhythms

DAILY RHYTHMS:

- ***Speak Love — Say “I love you” and kiss your spouse goodbye and goodnight. Every single day. It takes seconds and it matters.***
- ***Show Gratitude — Say thank you for something specific. Specificity communicates, “I see you.”***
- ***Listen Actively — Give your spouse fifteen uninterrupted minutes. Eye contact. Phone down. Ask how they feel about what they’re sharing. Connection grows where attention goes.***
- ***Own Your Mistakes — Ask for forgiveness and offer it quickly. No one is perfect. Be brave. Take the step.***
- ***Pray Together — Even thirty seconds. Even when it’s awkward. Something shifts when you’re both talking to God instead of talking at each other.***

WEEKLY RHYTHMS:

- ***Go on a Date — One hour of meaningful conversation. Have fun. Limit distractions.***
- ***Prioritize Intimacy — It’s not unromantic to plan it. It’s actually how you make sure it happens.***
- ***Grow Spiritually Together — Make space to grow in your faith as a couple, not just as individuals.***
- ***Share Meals Together — Sit down to dinner at least five nights a week.***
EX: Try High-Low-Buffalo — share a high, a low, and something unexpected from your day.

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MONTHLY RHYTHMS:

- *Calendar Meeting — Keep your schedule organized and your commitments realistic.*
- *Financial Meeting — Keep finances in the forefront. Promote stewardship and move from playing defense to playing offense.*
- *Recreational Companionship — Keep your marriage fun and lighthearted. Try something new — pickleball, hiking, concerts, sports events, canoeing.*
- *Life-Giving Community — Spend time with other healthy couples. Healthy community fuels spiritual growth in a safe environment.*

These rhythms are not magic. But they are medicine. They are the intentional deposits that keep your account from going to zero.

A B C RELATIONSHIP SERIES