

Marriage as Gift

Think botanically—plant seeds for your marriage with small, loving touches! Take 15 minutes to talk through this exercise together and deepen your bond with one another to cultivate intentional connection.

Preparation

Time Needed: 15 minutes

Setting: A cozy, distraction-free spot (e.g., home or a quiet park). Silence phones to focus.

Materials: Pen and paper, a small snack or drink to share.

Mindset: Approach with openness and a desire to honor your spouse as a gift.

Exercise Steps

1. Create a Sacred Space (2 minutes)

- Sit close, hold hands, or light a candle for ambiance.
- Each share one thing you're grateful for about your spouse today.

2. Reflect on Your Marriage Garden (5 minutes)

- **Prompt:** Picture your marriage as a garden. What's one seed (kind act) you've planted recently? What's one weed (neglect) to pull?
- Write down (1 minute each):
 - A recent moment you felt connected (a "little touch").
 - One area needing more care.
- Share answers (1.5 minutes each). Listen with empathy, e.g., "That moment meant a lot to me too."

3. Celebrate Your Differences (4 minutes)

- **Prompt:** How do your spouse's unique traits enrich your marriage?
- Take turns (2 minutes each) answering: What's one way your spouse's personality differs from yours, and how has it blessed you? (e.g., one's a planner, one's spontaneous).
- Affirm: "I receive you as a gift because [trait]."

4. Plan a "Little Touch" Ritual (4 minutes)

- **Prompt:** Create one small, repeatable action for the next month to build intimacy.
- Brainstorm together: e.g., a daily "thinking of you" text, a hug when arriving home, or a weekly "How are you?" check-in.
- Write it down and agree to try it. If time allows, practice it now (e.g., share a hug).

Follow-Up

- Revisit your ritual in a month. Did it deepen your connection?
- Try a phone-free dinner this week to focus on each other.
- If challenges arise, consider discussing with a trusted friend or counselor.