

marriage matters

a better us

NEXT STEPS

The Pre-Marriage Course One Day



Sat, Sep 27

A Better Us



Wednesdays,
Oct 8 - Nov 5

Intentional Parenting



Sat, Oct 11

WHAT'S YOUR *love language?*

Love comes in a myriad of forms, sometimes best expressed through food.

What's your flavor of affection?

- Acts of Eating
- Quality Meals
- Physical Treats
- Receiving Dessert
- Snacks of Affirmation

weekly CHECK-IN

Set aside 30-60 minutes once a week to talk intentionally.

Ask each other:

- "What went well for us this week?"
- "What was challenging?"
- "How can I support you, better next week?"
- "How are we doing emotionally, spiritually, and physically?"

IT'S FALL, Y'ALL!

Fall is upon us! The weather is getting cooler (at night at least), suddenly everything tastes like pumpkin, Gilmore Girls marathons are going, football games take over Sundays, the list is endless.

This also means themed date nights! Here are some ideas to make the most of the fall season with your hunny.

- Go on a nature walk/hike
- Visit an outdoor movie theatre
- Have a Fall photo shoot
- Check out your local farmers market
- Carve pumpkins (duh!)
- Make homemade caramel apples
- Grab a hot beverage and watch an early sunset
- Bake fall-inspired dessert
- Decorate your home for Fall
- Ride the balloon at Great Park
- Go on a scenic fall drive
- Have a fire pit night
- Visit a small town
- Go to a local high school football game

our marriage matters

WAYS TO CONNECT INTENTIONALLY

Marriage doesn't thrive by accident—it requires small daily doses of intentionality. We want to challenge you to complete the following within the next 21 days to help you and your spouse pause, connect, and create rhythms that encourage oneness and point each other to Jesus.

1 <input type="checkbox"/> Share morning coffee & pray for your day	2 <input type="checkbox"/> Write your spouse a short note of encouragement	3 <input type="checkbox"/> No phones the first 30 mins together tonight	4 <input type="checkbox"/> Take a walk together & talk about your week	5 <input type="checkbox"/> Eat a meal without screens & talk about your favorite moment today	6 <input type="checkbox"/> Do one household chore together	7 <input type="checkbox"/> Make a shared playlist of songs you both love
8 <input type="checkbox"/> Sit on the couch together with no distractions	9 <input type="checkbox"/> Read Scripture aloud together	10 <input type="checkbox"/> Make the bed together & pray over your day	11 <input type="checkbox"/> Share 3 things you appreciate about each other	12 <input type="checkbox"/> Cook dinner together with no phone distractions	13 <input type="checkbox"/> Sit outside & watch God's creation together	14 <input type="checkbox"/> Have a date night in
15 <input type="checkbox"/> Take turns doing each other's favorite hobbies	16 <input type="checkbox"/> Do a simple task your spouse usually handles	17 <input type="checkbox"/> Switch off praying aloud for each other	18 <input type="checkbox"/> Write down 5 goals for your marriage together	19 <input type="checkbox"/> Ask your spouse one way you can serve them today	20 <input type="checkbox"/> Watch something funny and laugh together	21 <input type="checkbox"/> Write down "small wins" from your marriage this week

NOTES

GET CONNECTED!

Contact the Marriage Team at marriage@marinerschurch.org with any questions about our ministry, getting marriage help, or ways to serve alongside us!



MARINERSCHURCH