



GROWING IN BIBLICAL LOVE FOR YOUR SPOUSE

Let's face it. Biblical love is just not a natural thing to sinners; but God nevertheless commands it of us. To grow in this area requires structured, disciplined effort. Over the next month, you will be choosing to communicate love to your spouse in all 5 of the categories below. Remember to visit your lists often and creatively expand it over time!

1) ENCOURAGING WORDS (i.e., building one another up through words of encouragement)

Write down several things you appreciate about your spouse.

- 1.
- 2.
- 3.
- 4.

ASSIGNMENT: Twice a week, select one positive trait from the list and verbally express appreciation to your spouse.

2) QUALITY TIME (i.e., activities that promote communicating and sharing)

Have your spouse provide a list of things they would like you to do with them.

- 1.
- 2.
- 3.
- 4.

ASSIGNMENT: Do one each week (sometimes you must *make* time to express your love).

3) GIFT GIVING (i.e., gifts that say, "When we were apart, I was thinking of you.")

Have your spouse provide a list of fun little gifts they most appreciate receiving.

- 1.
- 2.
- 3.
- 4.

ASSIGNMENT: Once a week, make a special effort to pick up or make a fun gift. Also note the type of gifts your spouse enjoys and surprise them on occasion.

4) ACTS OF SERVICE (i.e., deeds done out of the ordinary that the other will appreciate)

Have your spouse provide a list of things that would make them feel most loved if you chose to do them.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

ASSIGNMENT: Do one or two things each week. Watch for additional ways to help out and add them to the list yourself.

5) PHYSICAL TOUCH AND CLOSENESS (i.e., being close even without words)

Discuss and list ways in this area that make your spouse feel most special.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

ASSIGNMENT: Try to do at least one or two everyday. Never forget the gift of yourself – always try to be there for your spouse, especially in times of crisis.