

Intentionality With God

Offer the first of your day to God. As Christ renews his mercies every morning, renew your commitment to serving him. Commit yourself and your day to God. Allow God's words to bless you and in turn use your words to bless others. Ask God to help you forgive so that you can be forgiven. Receive God's grace so that you can give grace. Reflect on Jesus' sacrifice so that you too can self-sacrifice. Pray for your family members throughout the day. Fill yourself with God's love so that you can actively love. Petition God for his miraculous peace so that you can easily rest. Cognitively process God's hope for you, daily! Allow your spirit to be filled with his care, his joy and feel his loving arms embrace you!

Intentionality With Spouse

As a married couple, we love one another and we selflessly sacrifice our own wants, needs and desires for our spouse. Under God, there is an unbreakable commitment that creates an unbreakable bond. For the next month you will be asked to self-sacrifice for your spouse. You will receive daily strategies to help you stay focused.

- I. Do not express anything negative about your spouse or to your spouse.
- II. Do something unexpectedly kind for your spouse.
- III. Put your spouse's needs above your own needs, wants, and desires.
- IV. Daily express at least one verbal affirmation to your spouse.

Create A Reflection Journal

Create a journal to keep track of these next 30 days. Take 20 minutes a day to contemplate, pray, and write in your journal. Make this your blessing and prayer journal as well. In due time, you may want to share your reflection journal with your spouse.

- I. Daily, list 3 things that you are thankful for. Literally count your blessings.
- II. Include your daily tasks and efforts.
- III. Express your hopes and dreams for your marriage.
- IV. Record your appreciation for your spouse's efforts. Write out all the times your spouse did something that made you feel loved. *"I felt loved when you..."*

COMMUNICATON

Clean, clear, and positive communication is the goal for a successful marriage. Our words carry weight and are powerful. What we say will either build up and encourage or our words will cause pain, belittle, and tear apart. There is no room in any relationship for negative and destructive communication.

15 - 30 Minutes of intentional listening and sharing daily.

Pick a designated time of the day for sharing (every night at 8pm). **This is an intentional daily routine.** Sit facing one another and hold hands. Take turns sharing. It doesn't matter who starts. This should be a *fun time to share*. You can talk about your day, fun weekend plans, your hopes, dreams, and aspirations. If you have children then you can have a separate sharing time that includes them.

Family Meetings

Family meetings are for taking care of business and should be held as often as needed. You cannot throw a family meeting in the middle of the busy time of your day. You must setup this meeting by asking *"I am feeling really unorganized and behind. Can we have a family meeting tonight at 7pm?"* This is a time to organize, structure, problem solve and communicate family issues and needs. **Take the emotion out** of this meeting. Talk about what is present and what the needs are for the week. This is not a time to vent or bring up the past issues or hurts. You are life partners with share duties and responsibilities. Remember that God calls you to sacrificially serve and love one another equally.

Venting Time

Before you can have venting time you must ask *"Is this a good time for me to vent?"* You may vent about work, your mother, a friend, and etc. You absolutely should never vent about one another or current sensitive issues.

Boundaries

Create A Communication Boundary Plan

Boundaries keep our family safe and secure. All families are unique and will need to specifically write out a list of boundaries that applies directly to their defaults.

- I. There is no yelling, no cursing, no threatening, and no name calling.
- II. No leaving but take a "Time Out." No threatening divorce.
- III. No abuse. No mental, emotional, physical or financial abuse.
- IV. "Time Out Time Limit." When things get heated, one of you will say "Time Out" and you will take a 20 - 30 minute break. We must both adhere to the time out and to the time limit.
- V. Create your own specific