WORK PRIVATELY

Four Commitments

Read each commitment on your own. Consider what it would require of you, then make these commitments to your marriage. Give each one at least thirty seconds of thought before moving on.

NOTICE WHAT MAKES YOU SPECIAL

01

I will keep discovering what is interesting, admirable, and attractive about my spouse. I will look beyond familiar responsibilities and notice the person I married. I want my affection to reflect who they are now.

SAY WHAT DRAWS ME TO YOU

02

I will express sincere admiration instead of assuming my spouse already knows. I will name what I enjoy about their character, appearance, humor, and company. My words should help them feel attractive and uniquely valued.

MAKE MY PURSUIT PERSONAL

03

I will learn what helps my spouse feel special and let that shape my invitations, gestures, and attention. I will take initiative in planning moments that say I want their company because I delight in them.

LET AFFECTION HAVE ITS OWN VALUE

04

I will offer warmth, playfulness, and tenderness without making them a bargain for sexual intimacy. I will welcome my spouse's preferences and pace. I want them to enjoy being chosen without feeling pressured to respond.

REFLECT PRIVATELY

Before We Discuss

Work on this privately and be prepared to discuss in an upcoming conversation.

BEFORE WE TALK

Answer each question for yourself. Then, with a kind and considerate heart, note how you think your spouse might answer as well. Be prepared to listen and discover whether you understood them correctly.

FOR THE HUSBAND

1. What do I find attractive about my wife that she may seldom hear from me?

2. What would help my wife feel specially chosen beyond our daily responsibilities?

FOR THE WIFE

1. What do I admire about my husband that I may have stopped expressing?

2. When do I feel most special to my husband? What makes it meaningful?

MY ROMANTIC LOVE CHECK-IN

Rate your own practice from 1 (rarely) to 10 (consistently). Think about the affection you offer, not the response you receive. Be ready to share an example.

Area to Consider	1	2	3	4	5	6	7	8	9	10
Expressing sincere attraction	○	○	○	○	○	○	○	○	○	○
Making my spouse feel important	○	○	○	○	○	○	○	○	○	○
Initiating Quality Time	○	○	○	○	○	○	○	○	○	○
Giving Flattering Compliments	○	○	○	○	○	○	○	○	○	○

What helps my spouse feel uniquely precious to me?

PRACTICE TOGETHER

The Ten-Minute Conversation

Sit down together without distractions. Share what you wrote on *Before We Discuss*. Be mutually inquisitive, then use the four helps below to guide your conversation.

CONVERSATION STARTER

When have you felt especially attractive or uniquely chosen by me? What made that moment meaningful to you?

01	**NAME WHAT DRAWS YOU** Express something you find attractive or delightful about each other. Be specific, and both agree to let the compliments be accepted and enjoyed.
02	**LEARN WHAT FEELS SPECIAL** What could I say or do to help you feel more special, attractive, and important? Express how important it is to you that your spouse feels these things.
03	**IMAGINE SOMETHING PERSONAL** What would we enjoy discovering or doing together? Choose one idea that fits our present time, energy, and budget. Be willing to make sacrifices for this time.
04	**PROTECT YOUR MARRIAGE** Act to fulfill the desires for acceptance and value your spouse craves. Do not give the adversary the chance to offer this elsewhere.

ENDING QUESTIONS

What have I learned about helping my spouse feel attractive and special?

What could I do differently to communicate that I enjoy being theirs?

What can we thank God for in the person we married?

PRAY AND COMMIT

Keep Choosing One Another

ADMIRATION. AFFECTION. PERSONAL PURSUIT.

OUR PRAYER

Father, thank You for the person with whom I share my life. Help me treasure the qualities I have begun to take for granted. Open my eyes to what is beautiful, admirable, and delightful in my spouse today. Give me words that make my affection clear and sincerity to make them trustworthy. Forgive me for treating the person I love as merely useful or assuming that yesterday's affection speaks clearly enough today. Help us keep learning what brings each other joy. Give us initiative to plan, freedom to laugh, and tenderness that is welcome without pressure. Where hurt has made affection difficult, give us humility to listen, apologize, and rebuild. Let our marriage include the joy of being noticed, the comfort of being treasured, and the assurance of being uniquely chosen. In Jesus' name, amen.

THIS WEEK WE WILL

- [ ] Express one specific thing we find attractive or delightful in each other.
- [ ] Follow through on our personal invitation to enjoy time together.
- [ ] Be vocal about the things each of us does to make one another feel special.

THINGS I HAVE LEARNED ABOUT MYSELF AND MY SPOUSE