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.

PRIORITIZE TOGETHERNESS

01

I will stop treating time with my spouse as whatever remains after everything else is finished. I will intentionally protect time for us before the week spends it somewhere else.

FIGHT THE PASSIVITY

02

Even if getting started feels awkward or inconvenient, I will not mistake resistance for a lack of value. I will push through routine, fatigue, and distraction to make room for us.

PLAN FOR MY SPOUSE

03

I will take the initiative to plan one specific time together this week with my spouse in mind. I will choose something realistic that gives us room to enjoy, talk, and reconnect.

RECEIVE THEIR PLAN WELL

04

When my spouse plans our second time together, I will make room for it, bring a willing spirit, and give them the gift of my full attention.

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 did I especially enjoy about time with my wife when we were dating, and how can I bring some of that joy back?

2. Where have I allowed other things to crowd out time with my wife, and what can I change this week?

FOR THE WIFE

1. What helped me feel close to my husband early in our relationship, and what would help us enjoy that closeness again?

2. What makes it difficult for us to spend meaningful time together, and how can I help us make room for it?

OUR QUALITY TIME CHECK-IN

Rate yourself from 1 (needs growth) to 10 (consistently strong). Compare your answers with your spouse during the conversation.

Area to Consider	1	2	3	4	5	6	7	8	9	10
Prioritizing togetherness	○	○	○	○	○	○	○	○	○	○
Pushing through passivity	○	○	○	○	○	○	○	○	○	○
Knowing what we enjoy	○	○	○	○	○	○	○	○	○	○
Being fully present	○	○	○	○	○	○	○	○	○	○

Which of these can I address today for my spouse's benefit?

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

Think back to a season when you could hardly wait to spend time together. What made being together feel so easy and enjoyable then? What has changed, and what is still possible now?

01	**DEFINE IT NOW** Each finish this sentence: "Quality time feels valuable to me now when..." Listen for what helps your spouse feel chosen, known, and connected right now.
02	**NAME THE RESISTANCE** Talk about what makes time together harder than it used to be: schedules, fatigue, kids, screens, or routines. Explore how more joy between us could help us handle all of those things.
03	**MAKE TWO PLANS** Each person choose one separate time to plan this week. Keep both plans realistic. One may be dinner, a walk, coffee, a drive, an evening out, or anything else that creates prioritized togetherness.
04	**PROTECT AND BE THERE** Life will try to squeeze out the time we plan for each other. Put it on the calendar, protect it from interruptions, and make quality time a priority.

ENDING QUESTIONS

How does it make you feel for me to make time for us?

What can we pray about together this week?

PRAY AND COMMIT

Make Time for Us

PRIORITIZE. PROTECT. ENJOY.

OUR PRAYER

Father, thank You for giving us one another and for the life we share. Thank You for the joy of being married and for every opportunity to deepen our love. Forgive us when we become so busy that we overlook the blessing right beside us. Help us slow down, listen well, laugh together, and keep learning what matters to each other. Give us the wisdom to protect our time and the desire to enjoy it. As we grow closer to one another, help us grow closer to You. Strengthen our friendship, renew our affection, and teach us to cherish each other every day. In Jesus' name, amen.

THIS WEEK WE WILL

- [ ] Each of us will plan one separate time for us this week.
- [ ] Prioritize our plans. Put them on a calendar, set reminders, and do our best to make everything else fit around them.
- [ ] Keep all quality time this week light, loving, and fun. Then share afterward what we enjoyed about the experience.

THINGS I HAVE LEARNED ABOUT MYSELF AND MY SPOUSE