

Things to Do for Married Couples

Stick this in a place you can see it everyday.

Updated August 23, 2011

1. **Go On A Date Each Week.** The date must last no less than one hour and no more than three hours. Go walking, a restaurant, shell picking, etc. Whatever you do, both must agree that it constitutes a romantic date. A date is not a time to visit grandma, relatives or friends or church social. Occasionally, couples can go on dates together, but it must a joint agreement.
2. **Buy and Read these books:** *Available in audio format also*
 - [] His Needs Her Needs *By Dr. Willard Harley (Available at any Christian book store)*
 - [] Empowering Couples *By Dr. David Olsen (Only available at the Adventist Book Center)*
 - [] The Five Languages of Love *(Available at any Christian book store)*
 - [] Sheet Music *(Available at any Christian book store)*
 - [] From Anger to Intimacy *By Dr. Gary Smalley and Ted Cunningham (Available at any Christian book store)*
 - [] Fall in Love Stay in Love *By Dr Willard Harley) (Available at any Christian book store)*
3. **Watch the Videos:** *Available at the Christian Book Shop*
 - [] **"Fire Proof"** *A great 2008 movie about making your marriage "fire proof"*
(Fire Proof is about unfaithfulness)
 - [] **"Preacher's Wife"** *Staring Denzel Washington and Wintney Houston.*
Order/Rent from Super Video or purchase online.
 - [] **"A Vow to Cherish"** *Available at any local Christian book store in VHS or DVD format. Watch these videos together and discuss freely and non-judgmental how the principles acted out may apply to your relationship.*
4. **Permanent Features in Your Marriage:** *Happy couples do these things.*
 1. Have a date night once a week.
 2. Kiss for a least 5 to 20 seconds each day.
 3. Make one compliment about your spouse every day.
 4. Show appreciation to your spouse at least once every day.
 5. Hug each other at least twice a day.
 6. Have daily family/couple devotion,
 7. Dance together occasionally in your home.
 8. Spend time having fun together at least once a week.
5. **Brennen's Seven Basic Ingredients for a Healthy Marriage**
 1. Humility. Willingness to adjust. A teachable spirit. Lead together.
 2. Commitment to a non-judgmental attitude
 3. Knowing and understanding each other's needs and know how to meet them.
 4. Effective communication and good conflict resolution skills.
 5. Listening with the heart and not just with the head.
 6. Being a committed spouse, each other's intimate friend, lover and sweetheart.
 7. Having a harmonious couple financial plan.

Barrington H. Brennen, MA, NCP, BCCP

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242-327 1980 Home 242-426 4002 Cell