

RELATIONSHIP EXERCISES

MMFC LOVE
BUILDING STRONGER MEN FOR JESUS



Relationships

DECEMBER 12 | 9 AM
(DENVER USA TIME)

LOVE LANGUAGES

FIVE LOVE Languages by Dr. Gary Chapman

- Discover your LOVE language. Dr. Chapman write; "Relationships grow better when we understand each other."
- Discover your spouse' love language
- INTERACTIVE WEBSITE: [5 Love Languages - The 5 Love Languages®](#)

YOUR #1 MINISTRY

Prioritize! Making your spouse the MOST IMPORTANT human on the planet. Or, said differently, your 1st ministry is to your spouse.

- IDEA 1: Make it a habit to send a morning TEXT message of love and encouragement
- IDEA 2: Pray together, while holding hands, several times per day. End each day, in bed, praying together out loud to Jesus.
- IDEA 3: Check-in with your spouse regularly; "How am I doing making YOU #1 in my life?" Or, "Do you feel like you are #1 in my life?"

IDENTIFY COMMON FILTERS

Filters can skew our reactions to one another.

- What are some "filters" you can share with your spouse?
- What word can you use to let your spouse know you have a filter?
- What do you need from your spouse when you have a filter?

OFF-LIMITS WORDS

Words can be hurtful and even more hurtful from a spouse.

- Identify words that are NOT to be used....ever.
- AGREE together to follow through.

THE "PERFECT YEAR"

One of the techniques and tools I use is called the PERFECT YEAR. It helps prioritize our time and money, and works well for goal setting and setting priorities. It is the process that I recommend for individuals, leaders, and couples.

- Each person completes his or her PERFECT YEAR separately. Force yourself to complete 25 or more items. Consider ALL areas of your life.
- Schedule a CONVERSATION when you SHARE your PERFECT YEARS. Sharing should occur without judgment – listen, seek to understand. Why is that item important to that person? What are the reasons for the items on your list?
- Next, there is usually a consolidation that takes place because it is likely that not everything on both Perfect Years can be achieved! So PRIORITIZE based on the following critical resources ... TIME and MONEY. Literally, get out a calendar for the next year and schedule things that are important. Similarly, work on a budget that is aligned with what you want.
- Follow-through! I recommend that at least every four months you review your Perfect Years and discuss progress, changes, celebrate accomplishments, etc.

By following this process, your YEAR / LIFE will be more fulfilling, unfettered, and you will achieve MORE of what you want for yourself!

PLAN AHEAD TO BE INTIMATE

LIFE (work, children, social life, etc.) happens and it can get in the way of connecting with your spouse. Plan ahead to connect.

- SIT DOWN with your spouse to identify a weekly time to have a "date." This doesn't have to mean you spend money and go out. It's just time for the two of you to connect.
- FOLLOW THROUGH with your date time.
- IDENTIFY ways that you and your spouse can connect on a DAILY basis. This can be a short-time of prayer when you wake up, or a daily text of love affirming words, or time to do a daily debrief.
- PREPARE yourself to connect. Don't rush from one activity into connection time. For example, you may need time to relax from a day at work. Sit and relax, first.

FOR MORE INFO: markedmenforchrist.org and womenswalkwithchrist.org