

“Catch” Yourself

Please record day and time of at least 3 instances where you chose to respond differently than you normally would - moments where you went against your natural feelings and your habit - and you chose to PLEASE GOD instead.

1.

2.

3.

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“Loving Deeds”

Between now and our next meeting do 3 loving deeds that are beyond what you would normally do in a given week.

1.

2.

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“Loving Deeds”

Between now and our next meeting do 3 loving deeds that are beyond what you would normally do in a given week.

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Praying Together as a Couple

This week sit down and pray together. The husband should initiate these times. A good way to begin is by asking, "What's going on in your life... and how can I pray for you right now?"

Record the date / time you prayed together

1.

2.

3.

4.

5.

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“Couch Time”

This week sit down together at least 3 times to talk face to face for at least 20 minutes. Do not argue or try to resolve conflict, just enjoy one another.

Record date/time

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Date Night

Go out on a “date” together as a couple one time this week

A “date” consists of any activity that you both enjoy... that lasts at least two hours... without kids. It does not have to be expensive or even cost money (*Go to a park, go get coffee together, watch a movie together, go shopping together, go to a ball game, go to a flower show, read an article and discuss it together, work on a project together, play cards or a board game together, etc.*)

Mission Accomplished!

Date _____

Activity _____

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