

OCTOBER 12, 2024 | MARINERS CHURCH

Next Steps

• Marriage Matters Registration • Sat. Nov 23



• Weekend Series • A Study on the Book of James

Oct 10 - Dec 1



• Fall Fest • Sat. Oct 26



• Seek the Good •



is the foundation of a great marriage.

"A happy, healthy marriage is a choice, not a coincidence." - Doug Fields

From the book The First Few Years of Marriage by Jim Burns & Doug Fields - use these questions to build a meaningful conversation for a healthier marriage:

- 1. What proactive choices could I make to improve our marriage relationship?
- 2. Tell your spouse the top four qualities they possess that you are thankful for.
- 3. What can I do to inject more fun into our marriage?
- 4. How can I help in planning a weekly date night?
- 5. What can I do to show you that I love you?

I Love That!

Intimacy is more than sex. Here are some forms of intimacy you can practice every day.

- Smiling
- Making eye contact
- Breaking unhealthy habits
- Writing notes of gratitude to each other
- Reading books together or playing cards
- Performing romantic but not sexual touch
- Doing your spouse's least favorite chore
- Staying home at night
- · Going on a date
- Trying something new
- Talking about what's on their mind

C.A.K.E.

Turn the switch back on to your relationship with C.A.K.E! From the 4 Habits of Joy-Filled Marriages by Marcus Warner and Chris Coursey.

Curiosity - regain your curiosity about each other.

Appreciation - remind your spouse about qualities that you appreciate about them.

 \mathbf{K} indness - be intentional about being kind.

Eye Contact - look warmly into your spouse eyes and give them your full attention.

contact the Marriage Team at marriage@marinerschurch.org for more information!



(M) MARINERSCHURCH

our marriage matters









Notes

Cerealisly?

Here are some fun games to play with a multipack of small breakfast cereals on your next at-home date, with your family, or camping trip.

- 1. Have a blind taste test with each cereal
- 2. Have a blind "guess the cereal" with each flavor
- 3. Write "I love you" using cereal. Have a timer to see who can do it the fastest.
- 4. Create a gourmet bowl of cereal with fresh fruit, nuts, coconut, and honey.
- 5. Create cereal bars with melted marshmallows and your favorite cereal.
- 6. Have a cereal stacking contest.

Make it a breakfast date!

Try these popular breakfast spots on your next date day!

- Stacks Pancake House
- Multiple locations
- Snooze
- ¶ Multiple locations
- Breakfast Republic
- 1 Irvine & Costa Mesa
- Haute Cakes
- 📍 Costa Mesa
- Plums Cafe
- 📍 Costa Mesa

- · Poached Kitchen
 - ↑ Irvine
- Chaupin Bakery
- San Clemente
- Farmhouse Grill
- Newport Beach
- Broken Yoke
- † Irvine
- Burnt Crumbs
- ↑ Irvine

3x3

Try this 3x3 exercise with your spouse to help promote healthy communication and build your marriage daily.

3

things in your day that you appreciated things you appreciate about each other things you appreciate about God

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