

marriage matters

WITH DOUG FIELDS
a better us

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 •



Friendship

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.

- C**uriosity - regain your curiosity about each other.
- A**ppreciation - remind your spouse about qualities that you appreciate about them.
- K**indness - be intentional about being kind.
- E**ye Contact - look warmly into your spouse eyes and give them your full attention.

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



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