

Letter To Your Spouse

We each have a deep longing to be known – “*O Lord thou hast searched me, and known me*” (Psalm 139:1). This need and longing is present in our marriage. One way this need is fulfilled is by being emotionally connected to your spouse. Emotional connection is not a one-time event; rather it is an ongoing process. Real-life romance is fueled by these daily humdrum interactions in life. We too often miss these small but powerful moments to connect and share experiences together as a couple.

Draft a Letter to Your Spouse to be read later when you and your spouse can spend uninterrupted time together. Before drafting this letter, reflect on the following:

1. What barriers do you allow to get in the way of responding to your spouse’s bids? Consider:
 - a. Mindlessness – do you tend to minimize how important bids are to the relationship?
 - b. Tech Neglect – do you allow tech time to erode connection time?
 - c. Negative Emotion – do negative emotions overwhelm or blind you?
 - d. Protest Behavior – do you miss or ignore the meaning of your spouse’s protest behavior?
 - e. Acknowledge and take responsibility for the barriers you let get in the way of connecting.

2. Are there areas it would be appropriate for you to offer regret or ask for forgiveness? Consider:
 - a. In reflecting on the barriers in part 1, are there specific examples or experiences where you turned away or turned against your spouse rather than turning toward them?

3. How would you like to communicate your love for your spouse and your desire to be more responsive?
 - a. What words would you like to use to affirm and remind your spouse about how much they mean to you?
 - b. How would you express your desire to be more responsive to their bids? Do you see this as a valuable part of your relationship?

Brainstorming Area:

Letter To Your Spouse



A series of horizontal lines for writing, overlaid on a background image of a sunset over a body of water with a lighthouse on a distant island.

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A series of horizontal lines for writing, overlaid on a background image of a sunset over a beach. A heart shape is drawn in the sand in the lower right portion of the image.