



Word of God Fellowship Church

Couple's Day Party

Falling in Love

Saturday, September 17, 2022

The Newman Institute for Skillbuilding, Dr. and Mr. Newman

FOUR SEASONS OF MARRIAGE

Dr. Gary Chapman, author of the best-selling book, *The Five Love Languages*, proposes that there are **four seasons of marriage**. And that marriages are in a perpetual state of transition, continually moving from one season to another- not annually, as in nature, but certainly and consistently. Sometimes we find ourselves in:

WINTER: where we feel distant, lonely, rejected, discouraged, hurt, angry, frustrated, disappointed, and dissatisfied; **and other times we experience**

SPRINGTIME: when we are filled with hope, excitement, joy, openness, anticipation, optimism, gratitude, love, and trust. **Then, sometimes we bask in the warmth of**

SUMMER: and we are satisfied, comfortable, connected, happy, and relaxed; simply enjoying life together; **then, comes**

FALL: where we feel neglected, dejected, fearful, sad, uncertain and unsettled, and unappreciated

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We are getting ready to transition from Summer to Fall on September 23rd. And even though Fall represents a bad time in a marriage, based on *The Four Seasons of Marriage* book by Dr. Chapman, Fall makes us think about **falling in love** because we got married in the Fall. Our wedding anniversary is October 9th and this year our daughter is getting married, and she is getting married on October 8th. But, Fall does remind us that in marriage, we must **fall in love** over and over again. We always love each other.....we always care about and want the best for our spouse, but truth be told, we are not always “in love”.

So, we are just going to remind you of some things you can do to fall in love again (you know when it's time for a reset):

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1. **Keep yourself feeling hot!** Try to look your best...refresh your hairstyle, your wardrobe, start working out....this will please your spouse and boost your self-confidence.
2. **Be spontaneous!** Step out of your comfort zone. Do something new, try something you've never tried (e.g., new restaurant, new activity)
3. **Touch each other.** Don't underestimate the power of touch. Stay physically connected. Hold hands. Hug. Touching can release oxytocin causing a calming sensation; lowers our level of stress hormones, cortisol.
4. **Get flirty!** The things you did to get him/her...go back to that and put in the same effort that you used to put in to get each other's attention.
5. **Actually do date night.** Though it may seem predictable, schedule 1:1 time with you spouse, especially if you have young children...it's vital for maintaining your romantic connection.

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6. **Be spontaneous!** Do something new, try something you've never tried (e.g., new restaurant, new activity)

7. **Have more sex.** Having sex on a regular basis will balance your hormones, so you'll want sex more. "Sex begets sex"

8. **Put your spouse first.** Kiss your spouse before you kiss your children, when you get home; don't live such a kid-centric life....love your spouse more than your kids to ensure that your kids get to have a loving home/family. See if he has some place he wants to go on Saturday before making plans with girlfriends.

9. **Find common interests.** Find a hobby you both love, and share the experience. Whether it's football games or hiking, it's better together.

10. **And, have separate interests.** Having a life apart from your spouse gives you something to talk about when you do come together, and that little bit of mystery can be very sexy. Freedom is an important part of any healthy relationship.

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11. **Show appreciation.** Do little things to remind each other that you care, like putting your spouse's favorite juice in the fridge or surprising them with a heartfelt "thank you". Being thoughtful and compassionate towards your spouse shows you are paying attention to their needs.

12. **Plan ahead.** Even if a big trip is not in the budget right now, you can get excited about imagining the possibilities. Dream big and do it together. Flip through magazines, print out pictures from your favorite website or make a vision board.

13. **Become classmates.** Sign up for a class you're both interested in (e.g. yoga, Spanish). If you and your spouse learn together, you'll also grow together.

14. **Eat dinner together.** With busy schedules, it's easy to skip this ritual, but eating together (without the TV) ensures that you'll catch up and communicate, and that's the foundation for any great romance. Sit down, put the phones away, turn off the TV, close your laptop, and talk. When you first started dating, you couldn't stop looking at each other...just sit and look at each other.

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15. **Reminisce.** Take a trip down memory lane with you spouse to remember the great experiences that you've shared in your life together...dating memories, wedding memories, child-birth memories, etc. Also, remember what sparked your interest in one another, what made you laugh together in the past.

16. **Watch each other work.** There's no bigger turn on than seeing your partner do what they're good at. Take notice the next time your spouses in their element- it's hot! Most of us are different at work than at home, so watching your spouse work can help make them new again.

17. **Turn off your phones.** Its easy to get absorbed in computers, phones, all our other electronic devices. Make a conscious effort to put the tech away for at least one hour a night and you'll find that the opportunities for romance rise. Putting it away to focus on your spouse send a strong message to your spouse that they are important and valued.

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18. **Practice being more emotionally vulnerable.** Trust your spouse and talk about personal experiences and personal feelings; share your fears; know and ask for what you need. This level of sharing will strengthen your connection and enhance your intimacy.

19. **Recognize when you've fallen into a rut.** Ask yourself when was the last time you shared an intimate moment; when was the last time you felt emotionally close to your spouse; are you satisfied in the relationship. If you are not happy with the answers to these questions, it's time to work these **falling in love tips!**

20. **Just kiss.** Create a ritual of kissing before you leave for work; when you get home from work; and before you go to bed. Plant one on your spouse when they least expect it, **like right now-** then do it again, and again, because we are committed to falling in love again and again!

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Any questions?

Does anyone have any additional ideas for falling in love again, that they would like to share?

As always, it's a pleasure hanging out with you. We appreciate the invitation!

We love you and want you to stay in the season of Summer in your marriages, as much as possible.

Let's Dance!