

Igniting More Romance in Your Marriage: Pt.2 – June 2023

LWCC Marriage Ministries Email for June 2023

Hi Folks,

It's kind of hard to believe we've nearly finished June, and past the shortest day already.

In this month's email I want to continue with the theme of Romance from last month.

Early in that email I said, "When it comes to igniting more romance into your marriage, having a deep connection with your spouse is key." But, some of the comment we have had in recent months, revolves around the fact that we all understand the idea of 'deep connection' - in fact, the essence of marriage, and the ideal we all strive for, is 'Deep Connection' - But but for a number of reasons, most of us know the challenge of maintaining that deep level of intimacy and connection. The following sentence last month said, "Many married couples find themselves sucked into their daily routines and busy schedules, and they're experiencing less and less romance and intimacy than they did when they were dating or were newly weds." Over the last couple of months we've sadly seen a number of couples who have talked to us about how they have lost the spark they once had, or were struggling with where their relationship had gone. Words like Dull, Boring, Routine and Familiar were all too common. Some were shocked by that, some disappointed. They didn't have serious conflict or communication issues; they just came to the realization that the spark had gone. One couple asked to see us because they saw that this was where they were heading, and wanted to arrest the trend before it went too far. Words like Dull, Routine and Familiar would tend to reflect a relationship that is in a very sorry state.

However, most of us, I'm sure, would not say we're anywhere near that kind of scenario, but we have had times where things have got a little hectic or out of kilt - and when they do, the one thing that so often gets impacted first, is the relationship with our most significant other - our wife or husband.

I think most of us realize that 95 - 99% of the things in life that we want to get better at, or see improved, take Hard Work. In most things in life it doesn't just happen; it takes intention and application, and this thing called Marriage is no exception. But, if there's one thing that we have found, that keeps the Spark alive more than anything else, one thing that puts the 'chainsaw' to dull, boring, routine and familiar, and that can reignite connection and intimacy quicker than anything else in marriage, is regular, consistent, intentional injections of Romance. It "doesn't exist in a vacuum; ***it has to be cultivated with intention***'.

So, let's look at some practical things that you can do to take your relationship to new heights, to reignite the 'spark', or get things back to where they once were.

First of all, let me say something to the men.

- Do a 'Stock Take'. Where are we at? How romantic have I been in the last 6 months, 12 months, 24 months, 48 months????
- If you've done well and you've got romance flowing in good measure, pat yourself on the back, and hopefully what follows may help you to be even more inventive in your acts of romance. If not:

- Take ownership. You are the God-given head of your home. Ask yourself, "Do I need to sit down with my wife and 1). acknowledge that I have not been as Romantically Engaged as I should have been, 2). Apologize to your wife for not being as Romantically Engaged as you should have been, 3). Commit to changing. Jack Frost says, "I may only be 20% of the problem, but I need to take 100% ownership of my part, and do something!" Regardless of what percentage of the situation is yours, humble yourself, take 100% ownership and have the conversation. Do I hear someone saying, "How do I do that", then I gladly give you a helping hand!!!! Get the kids to bed. (If applicable). Make her favourite cup of tea, milo or coffee - she now realizes something is up - and tell her you want to have a serious talk. Tell her you've processed this email, and you want to apologise for not being as intentional as you should have been in the area of romance, and you want that to change. Perhaps, tell her you want to organise a Date Night to celebrate and ask her to help you set a date and time.
- Now, take some of what follows, and CHANGE!!!!

So, let's get to some things you might do.

1. Regularly tell each other how much you appreciate each other: say things like, "I so appreciate the way you do....."; "You look amazing"; "What you did for was so cool"; "you did a great job with that"..... Thank one another regularly, even for the little mundane things done for you by your spouse. Compliment and encourage each other regularly. We often think it, so get in the habit of verbalising it.
2. Send each other a text message, or even an email, every so often - "Been thinking about you. Hope your day is going great"; "Missing you"; "Love you";..... Try something a little more adventurous occasionally, or even a little suggestive!!!! Try it when she's sitting across the room, or doing a chore in another room!
3. Leave a note where they might not expect to find one - in the bathroom, in the lunch box, on the fridge, on the car steering-wheel..... Make a list of 5 things you love about your spouse and leave it where they'll find it. Or, how about writing a love letter, expressing what originally attracted you to him/her, what they do today that you love and admire, and why you want to spend the rest of your life with them.
4. What about a random little gift - a flower, a bar of chocolate, a romantically worded card, a little nic nac of some sort that means something to your spouse, get a print of a recent photo you might have taken and put it somewhere they will find it when you're not around.
5. Find out if you have a bad habit that irritates your spouse, then work on eradicating it. When they see you putting in the effort to change, trust me, it has a very romantic impact.
6. Change things up a little. Play footsie under the table; show an interest in your spouse's hobbies; offer to watch their favourite movie - even if it's very different to yours; organise a date for your spouse with their best friend or, organise for them to have an afternoon or evening out on their own, doing whatever spins their wheels.
7. Spend an evening reminiscing about your courtship - talk about what you liked about what they did for you, remember special milestones and how they made you feel. Or, try this little exercise courtesy of the Alpha Marriage Course - "Tell each other about the most romantic moments of your courtship and marriage".

Romance like anything else worthwhile, is worth the time and investment. Every week has 168 hours in it. While you spend a good number of those hours sleeping next to each other, when it comes to Romance, it's only the ones where you are intentionally investing that count. But let me tell you, if there's one thing Ronnie and I have found more than any other to keep a marriage vibrant and 'deeply connected', or that will turn a challenged relationship 'on it's head', it's a commitment by both parties to inject regular, consistent, intentional injections of Romance.

Folks, use this email to re-evaluate where things are at for you and your relationship, in this crazy, hectic world, and hopefully, it will give you, at the least, a bunch of new ideas to inject a little extra Romance into your relationship, if not Turn it on its Head. And in conclusion, remember - or consider this - "Romance is the bridge between the everyday world of practicality and the private place of our sexual relationship."

Blessings, and Happy Romancing from the Marriage Team:

Stan & Ronnie, John & Karen