

Injecting Some Love and Affection Into Your Relationship – Dec. 2023

LWCC Marriage Ministries Email For December 2023

Greetings to you all from the Marriage Ministries Team. Our final email of the year!!! Where has this year gone???

I guess I cannot send this out without commenting on where I am as I finish this off and get it sent out. If you haven't heard, I am sitting in Ward 12 at Chch Hospital awaiting quadruple bypass surgery tomorrow. It's been a whirlwind of a few days since arriving at A & E around 12.30am Sunday night, to be told I had had a mild heart attack, to yesterday afternoon, finding I was scheduled for open heart surgery on Thursday afternoon or Friday. But our times are in His hands, and as a family we see God's hand and timing in what has happened to me, and we so appreciate your prayers and support.

In this final email of the year, I want to share some things that might help to bring some spark to your relationship at this challenging time of the year: 10 Ideas/Ways to Surprise one another and inject some Love and affection into your relationship, over the next 4 - 6 weeks.

Surprises don't have to come in the form of an over-the-top surprise party with every person you know in attendance (at this time of the year, oh the horror!!!) I want to suggest some surprises that can actually be relatively small but simple ways to show love and appreciation, or just boost your level of connection. So here are 10 ideas to get your gears turning:

1. Take care of your spouse's usual chores without asking:

Is it normally your spouse's job to unload the dishwasher and take out the trash? Beat them to it without a word. Everyone can appreciate when someone goes the extra mile to take something off their plate. It's a small way to show that you notice all that they do – and you're thankful for it!

2. Go along with their movie choice:

Does it usually take you two awhile to settle on something to watch because of drastically different tastes? Next time you settle in for a movie night, catch your partner off guard by agreeing to their first choice. You might even surprise yourself by enjoying it!

3. Join them in an activity that you usually pass on:

Your spouse goes for a jog early every Saturday morning, but despite their invitations to join, you usually prioritize your sleep. Surprise them by accepting that invitation out of the blue. You'll get to enjoy some bonus quality time and can maybe even turn it into a breakfast date!

4. Surprise them with a midday pick-me-up:

Bring them lunch or have it delivered. Stop by with their favourite candy or coffee drink. It's a nice way to let them know you're thinking about them throughout the day, particularly in the middle of a hectic week or if you've been really busy lately.

5. Plan a date and take care of all the logistics:

Taking it upon yourself to plan a surprise date, making sure all the little logistics are covered! That way all your partner has to worry about is enjoying themselves, instead of who's watching the kids or securing that reservation.

6. Gift them something they mentioned in passing:

Exercise your attention to detail and take note when your spouse casually mentions something they'd like to have, or something you know they would love but wouldn't buy for themselves. Surprise them with it randomly! It doesn't have to be big or fancy – it could be as simple as picking up a used copy of a book they've been wanting to read, or replacing their old tattered gym bag that they've been toting around for too long.

7. Get their car detailed and fill the tank with gas:

Whether they are a "car person" or not, most people can appreciate a clean car and a full tank, especially when it's done for them! It's a practical way to boost their mood and even take something off their to-do list.

8. Write them a sweet note and hide it somewhere they'll find it later:

Tuck a love note or letter in their jacket pocket or on their pillow, or in their pyjama pocket, for a surprise when they least expect it. Who knows, it could even become an ongoing game between you.

9. Take the kids for a chunk of time so your spouse can enjoy some alone time:

Depending on whether they like to plan in advance, or are more spontaneous, you might let them know a day or two ahead of time – "Hey, I'm going to take the kids for a playdate and lunch on Saturday morning so you can have some time to yourself." For some personality types, supporting their need for alone time can be a great way to show love.

10. Give them a from-the-heart compliment out of the blue:

Catch your spouse completely off-guard with some words of appreciation or just to tell them how much you love them. When conversations tend to be dominated by day-to-day logistical stuff, especially at this time of the year, this is a sweet way to change it up.

What small ways do you surprise each other to show love and appreciation? Let us know by return email. Always good to get ideas to add to our repertoire.

We trust these emails through the year have been helpful. Thanks for the feedback some of you have sent us. We so appreciate them, and in closing, send you all our warmest Festive greetings.

Blessings, Stan & Ronnie, John & Karen

(Content adapted from article by Prepare/Enrich)