

Spontaneity – Sept. 2024

LWCC Marriage Ministries Email For September 2024

Greetings again from your Marriage Ministries team. This past month has certainly been a little kinder overall, in the weather department, and we trust that that has in turn, flowed into a few other areas of your household as well. With spring well and truly upon us, and after the series of 3 emails that covered, let's face it, fairly intense topics, I thought it time we considered something a little more light hearted. How about:

FLYING BY THE SEAT OF YOUR PANTS !!!

So many of us like to plan things out and know at any given time exactly where we're going, and what's happening, well in advance. And certainly, in the hurly-burly of work, home and church schedules, planning well in advance is especially what's required if you're going to have a meaningful, stress-free evening together. HOWEVER, how about considering scheduling some time together where you totally fly by the seat of your pants. While it's probably not the most practical way to live all the time, *occasional spontaneity* can have quite an effect on your marriage. And I can almost hear someone saying "Really"!!! But seriously, it strengthens your bond, builds flexibility, combats complacency, and *fosters a sense of playfulness*. So, how about one evening, or during one weekend, sometime soon, try to *fly by the seat of your pants*, and see what happens!!!

If we've grabbed your interest, then what follows may give you some realistic ideas for you to consider, to add some spontaneity to Your relationship.

1. Embrace “planned” spontaneity:

I know; that sounds like an oxymoron!!! But hear us out for a moment. Sometimes it's simply not realistic to figure things out as you go, particularly if you have children or other non-negotiable responsibilities. Typically, arranging a sitter requires some degree of planning ahead. But you can still be spontaneous about some aspects of your outing. For example, you can plan to go on a date, but you can be spontaneous about what you do or where you go. The key is to not waste too much time trying to decide. If you tend to be indecisive, have a quick decision-making method on hand: eg each of you have an idea of what you would like to do, then flip a coin, or roll some dice, to decide whose idea wins, then see where things go from there!

2. Try something new together:

You could consider this another version of planned spontaneity. Again, you can plan the activity ahead of time, but because it's a new experience for you both, something you've never done before, you won't know what to expect! Your reactions will be spontaneous, and you'll connect through a shared sense of not knowing what's coming. Whether you both love or hate whatever you're trying out, the novelty of it makes it a great bonding opportunity.

3. Say yes when you'd normally say no:

Have you ever done something you weren't super excited about, and ended up having a great time? It's a pretty common phenomenon. Keep this in mind the next time an opportunity to do something potentially fun with your spouse arises. You don't have to say yes to everything, of course, but every now and then opt in, when you'd usually decline. Maybe a friend offers you last-minute tickets to a

concert they can no longer attend, or your spouse suggests taking the afternoon off and!!! They're not things you can reasonably do all the time, but on occasion can be a great way to sow some spontaneity into your relationship, with great result.

4. Surprise each other:

By definition, surprising each other usually involves presenting something unexpected, whether that is bringing your spouse lunch one random day, or giving them a heartfelt compliment out of the blue. You can also keep each other on your toes by stepping outside your own box from time to time. eg: Pick a movie you'd normally never pick; or, send your spouse a funny video they wouldn't expect from you; or, ladies, send a bunch of flowers to your husband's work place; or, try organising for the Grand-parents to pick up the kids early one Saturday morning, and.....: well, who knows where that one might go!!! Surprising each other sparks curiosity and interest, and helps keep alive that spark we all need.

Let's face it, being spontaneous 24/7 isn't practical or feasible, but that doesn't mean you should stick solely to the same old routines day in and day out. In fact, being selectively spontaneous can help you maintain a sense of energy and fun in your marriage, which will ultimately boost your connection, and strengthen your relationship. Why not give it a go!!!!!!

Have fun. Blessings to you all from Your Marriage Ministries Team - Stan & Ronnie, John & Karen.

(Content adapted from Article from Prepare/Enrich.)