

Igniting More Romance in Your Marriage: Pt.1

LWCC Marriage Ministries Email for May 2023

Well, I guess we can say, welcome to winter, and another Marriage Ministries email. This month I want to touch on Romance.

When it comes to igniting more romance into your marriage, having a deep connection with your spouse is key. 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. If this sounds familiar to you, read on.

Even though you might be feeling like your romance level is a bit eroded, or that you are feeling it has moved beyond that to a place where you feel disconnected and (or) discouraged right now, believe me when I say, it's possible to reignite the romance in your marriage. We've gathered some tips you can start putting into practice right away to help you do that.

Romance doesn't exist in a vacuum; ***it has to be cultivated with intention***. In order to experience it, there are some things you and your spouse should be doing to nurture each other on a consistent basis, that will help that reignition process. While what follows is in no way an exhaustive list, these tips will help you get you heading on a more solid path to deeper love.

1. PRACTICE BETTER LISTENING.

If you want to reconnect with your spouse, listen to one another. Intentionally practising active listening will help you to truly hear your spouse when they're communicating with you. **Listening well** will serve both of you no matter what kind of conversation you're having. Whether you're discussing the details of your day, or working through a conflict, better listening will pay dividends. Also, if your spouse speaks to you, and you are doing something – watching tele, reading, on a device – send them a message; let them see you press the pause button, or put the book down, giving them your undivided attention!!!

2. DEMONSTRATE THAT YOU UNDERSTAND EACH OTHER'S NEEDS.

When you listen to each other well, you'll gain a better understanding of each other's needs. But beyond knowing what your spouse needs on an intellectual level, you'll need to **show them** that you truly "get" where they're coming from. Echo your understanding when you talk, and invite your spouse to offer clarity if you're not grasping what they are saying.

Showing your spouse that you understand through patience and openness will help, while emotional vulnerability will, in turn, strengthen your connection and help to open the door for more romance.

3. SHOW EMPATHY.

How about going beyond simple understanding and try putting yourself into your spouse's shoes = Empathy. Empathy means that you're able to **see things from your spouse's perspective**, but you can gain a lot of romantic mileage by acting on, or responding to, what you've seen. When you behave empathetically toward one another, you open the door to a deeper relationship.

4. MEET EACH OTHER AS TRUE PARTNERS.

One way to bring more romance to your marriage is to behave as true partners in your relationship and your home. If one spouse feels unsupported or overburdened, it's going to be more difficult to cultivate the kind of romantic intimacy you want. Put your listening, understanding, and empathy skills to work, set some time aside, and have a conversation together: talk about how you can better show up for one another in your day-to-day life. Let me assure you, this kind of conversation, followed up with appropriate response, will certainly inject more freedom for you both to focus on romance.

5. FOCUS ON NON-SEXUAL AFFECTION AND INTIMACY.

Physical touch and affection that doesn't always lead to sex, will help you and your spouse forge a connection that leads to deeper romance. Engaging in affectionate touch without expecting a desired result will really help you feel closer. Be gentle, playful, and loving with one another to spark the romance and tenderness you're missing.

6. Prioritise regular Date time AND OPEN THE DOOR TO MORE ROMANCE.

Our recent Email on this subject covered this one off with lots of ideas, so let's just say here, this will inject romance like nothing else.

In closing, do a check, have some conversation, and don't be afraid to press the reset button on the Romance level in your relationship.

Blessings from the Marriage Ministries Team

Stan & Ronnie, John & Karen

(Adapted from an Article from Prepare/Enrich)