



A hug means to hold (someone) tightly in one's arms, typically to express affection. The definition also says to cherish or cling to (something such as a belief).

During traditional wedding vows, the officiant usually has you repeat the phrase "to have and to hold" which is a pledge of unconditional acceptance and physical affection. It is a vow to be available to each other and a promise to cherish, value, and protect one another just as you would a prized possession.

The moment my husband and I start to feel overwhelmed, he will stop and say let's take a minute to just breathe and embrace. Sometimes we'll end up praying, listening to/singing a worship song together, or even dancing. We could be in an argument and I'm so upset with him, but he'll insist we hug it out for a bit and breathe. This is a special moment to calm ourselves when we are feeling upset, stressed, or over-worked. I know after a long and busy-filled day, a nice embrace does make the day that much sweeter.

Love Challenge: This week take a 4-minute break to hug it out with your spouse and just breathe. You can switch it up some days and pray, sing, or tell each other how you are feeling while embracing. Let's take the time to slow down and cherish each other more often!