

LET US LOVE ONE ANOTHER FOR
LOVE COMES FROM GOD.

-1 JOHN 4: 7 A (NIV)



Sometimes, we just need a gentle reminder of what brought us together in the first place. Every now and then, we reflect on the things that we first LOVED about each other. Do you remember that first feeling, when you realized you were in LOVE? That is an incredible feeling when you first fall in love with your partner. The actions, gestures or affirmations that there was LOVE (a great bond) between you and your Spouse.— Reminders keep us rooted in what we feel for each other and what we cherish the most from our relationship.



Challenge: Spend a few moments jotting down your greatest hits from your years together, actions or affirmations that you LOVE about your spouse. The list can start as simple as things that you first loved about your spouse and what has made you love them even more through the years. Leave it on the bed, email it, sit down after dinner and read it together. This will give you an important reminder of why you picked each other in the first place.