

Part Two: Eight Gauges for a Great Marriage

Chapter 3: Laugh Daily and Date Weekly

Chapter 4: Slow Down

One of the reasons fun and laughter are so important for your future as a couple is because marriage isn't the easiest of relationships.

You've likely experienced that already. When the lives of two messy, broken, sinful people collide, there's bound to be some chaos and pain. No one ever promised that marriage would be easy. Your relationship will experience pressure and stress, your life will most likely be filled with busyness and complications, and your marriage will pay a price for that type of pressure-cooker reality. As a result, you'll need to relieve some of the stress you feel with each other, and nothing works faster and better than including laughter and fun in your relational script.

Everyone processes information in different ways. Below you'll find several questions to choose from for you to discuss as a couple or small group. Pick the ones that you want to talk about and get the conversation started.

QUESTIONS FROM THE VIDEO

Talk about the 3 questions Jim asks himself:

- Do I like the person I am becoming?
- Is the work of God I am doing destroying the work of God in me?
- Am I giving my spouse my emotional scraps?

Which of these 3 questions do you relate to most right now and why?

Share with your spouse how you feel when they are over-busy.

QUESTIONS FROM CHAPTER 3 & 4

- What can you do to inject more fun in to your marriage?
- If you aren't going on a weekly date, discuss a specific day and time to start one. What is holding you back?
- What changes might you need to make in your schedule and priorities so you can begin emphasizing fun and weekly dates?
- What kind of "noise" is potentially affecting your relationship with your spouse?
- Are you already applying the 1 percent rule of spending fifteen minutes a day sitting together, relaxing, and connecting? If not, what needs to change so you can implement this rule?
- What are some deliberate ways you can eliminate phone noise for a specific period of time each day to enhance your relationship?