

Restore, Rekindle, Renew Enrichment – Session V

MISSION POSSIBLE: PDA

PRAY – STEP 5: Each person prays aloud briefly, side by side, asking God for help in your marriage (the more specific the better).

Wife Reads Aloud:

“I sought the Lord, and he answered me, and delivered me from all my fears. Look to him, and be radiant [with joy]; so your faces shall never be ashamed. This poor soul cried, and was heard by the Lord, and was saved from every trouble. O taste and see that the Lord is good; happy are those who take refuge in him.”

Psalm 34:5-8 (NRSV)

Husband Prays Aloud:

Father, we come to you and we thank you for helping us take a risk and to trust each other to reveal deeper parts of ourselves. We ask for your help, Father. Please take away any fear that we may have as we continue to share ourselves more deeply with our spouse. We ask you to increase our trust as we open up and risk with our spouse in our dialogues. Holy Spirit, encourage us to take that step out in faith knowing that our spouse is there to love us even more. We thank you for giving us courage and grace in these dialogues. Help us, hold us, and lift us up as we daily dialogue. Bless us with intimacy and growth in our relationship with each other. In Jesus' name we pray, Amen.

DIALOGUE – more choices . . .

What has occurred in our relationship as a result of our efforts to risk to trust each other in dialogue? HDIFSTWY?

What is it like for me to experience a deepening trust in you? HDIFAMA?

HDIF knowing I can share negative feelings with you, and you still love me? DIFLD.

What are my inner barriers to dialogue? HDIFSTWY?

What are my hopes and dreams for our relationship as a result of this experience? DIFLD.

(Save this last one for just prior to your return)

ACT – Romance your spouse both inside and outside the bedroom. Remember all week long to shower your sweetheart with affection: caresses, hugs, kisses, holding hands. Give him/her a gift from your heart – something small that shows you've been thinking of your spouse. Buy or make a card, not for the purpose of what you will get or receive.

Your mission, should you choose to accept it, is to:

develop Couple **P**rayer if you haven't already,

share your feelings with each other

through daily **D**ialogue,

and to put romance into **A**ction.

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Please use this paper throughout the next week (it will not self-destruct).

Blessings to you!

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Worldwide Marriage Encounter