

Restore, Rekindle, Renew Enrichment – Session 1

MISSION POSSIBLE: PDA

PRAY – STEP 1: Pray individually – silently – for 1 minute sitting side by side.

Wife Reads Aloud:

“For I surely know the plans I have for you, says the Lord, plans for your welfare, and not for harm, plans to give you a future with hope. Then when you call upon me and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord...”
Jeremiah 29:11-14a (From the New Revised Standard Version)

Husband Prays Aloud:

Lord, we come to you and we thank you for all that you have given us, we thank you for the Marriage enriching experience we have just been to, and we thank you for the opportunity to grow in relationship with one another. Heavenly Father, we especially thank you for the gift of our spouse, and we ask you to give us open hearts and minds as we begin this journey. Holy Spirit, open our eyes to see the gift of sharing ourselves with each other through the written word and our feelings.

Jesus, encourage us to commit to daily dialogue and bless us and our relationship in a special way this week. We thank you in Jesus' name, Amen.

DIALOGUE – more choices . . .

Growing up, was it okay to share my feelings with my family? HDIFAMA?

On a daily basis, how aware of my feelings am I? HDIFAT?

What is my attitude about sharing my feelings? HDIFSTWY?

What's the best part of dialogue? HDIFSTWY?

ACT – There are many ways to romance each other . . .

This week we suggest you turn off all electronics (or anything else that would distract you) for an hour and spend time giving each other a foot rub, a back rub, or some other favorite way of touching. Find a way to please your spouse physically without thoughts of where it may lead. Enjoy being together with no expectations.

Write a romantic note to leave some place you know your spouse will find it, or pack it in your spouse's lunch to find at work, in the suitcase if they must be away, or in unexpected places like the medicine cabinet, coat pocket, refrigerator, pillow, sewing cabinet, pocketbook, etc. Be creative!

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