

# Do The Little Things

One of the mistakes we guys often make is thinking “the bigger, the better.” Meanwhile, our wives simply want to know that we care about them. When it comes to showing affection, a single rose can be as powerful as a dozen, and dessert at a local café can be as treasured as a five-course dinner at the most elegant restaurant in town.

Big plans can be nice, but more often, it’s the little things that count the most. John Gottman, a top researcher in the area of marital satisfaction, says it’s the “little movements toward our spouse that increase our contentment with each other. It is the smile, the opening of a door, the backrub, the kiss on the cheek, the kind word, or the gift of their favorite ice cream.”

Some people are givers, and some are takers. [My wife] Tami is definitely a giver and she knows how to give in a hundred little ways. She leaves romantic notes and rich chocolate in my suitcase when I have to travel out of town. She fixes my favorite meals when she knows my stress level is high. She offers words of encouragement whenever she can. Each little things she does is a sparkling treasure; by itself it may be small, but as the little things accumulate, I realize that I’m a very wealthy man. . . .

Be proactive. Look for ways you can do the little things for your spouse every single day. Be creative. Be personal. Be generous. Tami likes shoulder rubs, so several times a week I pull out the massage oil and do my best to work the tension out of her shoulders. Tami also loves flowers, especially freesia, roses, and daffodils. So periodically I bring home flowers to brighten her day. All of these little things are messages that I love her, I’m thinking of her, and she truly is the most important person in my life. You can never give too many of these messages.

– Dr. Steve Stephens, from his book *20 Surprisingly Simple Rules and Tools for a Great Marriage*

Build a great marriage, spend time sharing with each other from Dr. Steve’s book *20 Rules and Tools for a Great Marriage*.



## RESOURCES FOR COUPLES

**Your marriage can be one of your life’s most rewarding relationships. Get it on!**

It’s a challenge to build a strong, God-honoring relationship. But so worthwhile! Whatever your age, whether dating, engaged, or married, there’s a class or seminar for you.

**Marriage Encounter** Rediscover the spark that was there on your wedding day! Rediscover the best friend you had when you were first married! Join couples worldwide who have learned how to keep their marriage vibrant! Sponsored by Catholic Church. May 27-29 in Beaverton. Details call James & Marisol Carter (503) 853-2758.

**Retrouvaille** provides the tools to help put your marriage in order again. It will give you the opportunity to examine your lives together in a new and positive way. For info about the weekend at Mt. Angel on June 10-12, 2016, visit [www.HelpOurMarriage.org](http://www.HelpOurMarriage.org).



**Date Night PDX** challenges to you to have fun and rekindle the sizzle by dating **4 times/4weeks** during August. Stuck in the “dinner and a movie” rut? Get ideas for your next date from **Great PDX Dates** at [www.DateNightPDX.org](http://www.DateNightPDX.org) under Resources. Your first date is ready for you: Date Night Comedy Tour, August 5<sup>th</sup> at City Bible Church. Laugh until your sides hurt with comedians Ted Cunningham and DadDudes.

**Have fun! Date often, maybe weekly?**

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**Every Marriage Matters**

*Advocates for Healthy Marriage*

Check out additional resources at [www.EveryMarriageMatters.org](http://www.EveryMarriageMatters.org)

