

A VALENTINE'S OPPORTUNITY

If you want a more intimate marriage then you must communicate with your spouse. Every couple needs a daily time when they can look into each other's eyes, talk, and listen as they share life with each other. This kind of quality time spent daily is one of the most fundamental exercises a couple can do to enhance intimacy.

Many couples go for days without such a "sharing time." Each is involved in a busy schedule, and they simply communicate those things necessary for carrying on the daily routine. Emotionally, they grow further apart.

We can have intimacy, but it requires communication. Why not go home tonight and ask your spouse three questions:

- 1. Tell me one thing that happened in your life today that you really enjoyed?**
- 2. Now, tell me something that was really hard?**
- 3. If you could re-live today, what would you do differently?**

Questions stimulate communication and communication leads to intimacy.

This article by Dr. Gary Chapman is based on his book, *Now You're Speaking My Language*. Gary is also the author of the best-selling book *The Five Love Languages*. For a complete listing of Dr. Chapman's books and resources, go to www.marriagevine.com

Take your relationship to the next level: attend Weekend to Remember at Sunriver Resort on March 2-4. Info at www.WeekendToRemember.com, save big by registering using group "MarriagePDX".



RESOURCES FOR COUPLES

Marriage is one life's most rewarding relationships.

It is a challenge to build a strong, God-honoring relationship. Whether you are 18 or 80, dating, engaged, or married, there is a class or seminar for the two of you.

Northwest Marriage Conference Strengthen, enrich, and renew your marriage in this one day conference. Speakers: Mike and Laurie Sheffield, Hosts of Agape Marriage Connection; Pastor Scott LaPierre Senior Pastor of Woodland Christian Church in Woodland, WA; **and** Dr Steve Stephens, President of Every Marriage Matters. By WAY-FM on February 17th at Living Hope Church in Vancouver. Register at www.wayfm.com/events/nwmc2018

Marriage Encounter A weekend that can help married couples turn a good marriage into a GREAT marriage! Rediscover your best friend! Join the millions of couples who have learned how to keep their marriage vibrant and alive! Sponsored by the Catholic Church, all faiths welcome. Feb 23-25 at Saint Benedict, OR. Call John & LaVonne Doherty (503) 853-2758 for details.

The Weekend to Remember is a great way to renew your love and commitment to one another, to reminisce all the reasons why you married, to restore a little romance in your relationship. Mar 4-6 at Sunriver Resort. Save big when you register using the group "MarriagePDX." Details WeekendToRemember.com.

Engaged Encounter Clergy and lay couples share the joys, troubles, and victories encountered in their marriages. Engaged couples then have opportunities, alone as a couple, to discuss the challenges they will face: such as maintaining open communication and resolving conflicts on issues such as religious differences, money, planning and sex. Greater Portland area, March 9-11. Details at <http://oregonengagedencounter.org>

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Every Marriage Matters

Helping Marriages Become All God Intended

Check out additional resources at www.EveryMarriageMatters.org