

A Time To Laugh

Most friendships flourish with laughter and play. Most couples laugh a lot when they're courting. Play is the primary stuff of dating. So then, when bills and jobs and fatigue and kids and overgrown lawns and dirty toilets and a host of other demands set it, play gets pushed into a corner. Sometimes couples stop playing together.

Do everything you can to ensure that this doesn't happen! Go on dates. Watch your favorite show. Play your favorite game. Read to funnies together. Have *funny sex* every now and then (it doesn't always have to be serious or romantic). Go on walks. Go to the beach. Shoot baskets. Play tennis. Turn on the music and dance. Get in a tickle fight. Cultivate friendship with that fun couple next door or down the street; on ones who make you laugh.

While most pastors will tell you, "the family that prays together stays together," I'm here to tell you – the family that *plays* together stays together, too.

QUESTIONS TO ASK EACH OTHER:

1. What are the things that make you really laugh together?
2. Did you watch your parents play? How does their marriage influence you?

– by Keith Potter, from his book *Unshakable: The Building Blocks of an Enduring Marriage*

Enhance your marriage by reading together *Unshakable: The Building Blocks of an Enduring Marriage*, by Keith Potter



RESOURCES FOR COUPLES

Marriage is one life's most rewarding relationships.

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

You were challenged by Date Night PDX

last August to have fun and restore vitality to your relationship by **Dating 4 Times In 4 Weeks** during the month. How did that go? Find great date ideas at DateNightPDX.org.

Retrouvaille Do you feel alone? Do you argue ... or have you just stopped talking to each other? Does talking about it only make it worse? Retrouvaille has helped 10's of 1000's of couples experiencing difficulties in their marriage. For information or to register for the program beginning with a weekend on Jan 18-20 in Albany, OR. call 503-225-9191 or visit www.HelpOurMarriage.org

Northwest Marriage Conference Join us for 104.5 WAY-FM's 2nd annual Northwest Marriage Conference. Strengthen, enrich and renew your marriage with speakers Mike and Laurie Sheffield, Dr. Steve Stephens, and Scott LaPierre. Feb 9 at Living Hope Church, Vancouver, WA

Weekend to Remember A time to renew your love and commitment to one another, to reminisce all the reasons why you married, and to restore a little romance in your relationship. It is a weekend to discover the blueprints for a healthy, happy marriage. Mar 8-10 at Sunriver. Register at WeekendToRemember.com. Save \$100 when you register using the group "MarriagePDX."

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Every Marriage Matters

Advocates for Healthy Marriage

Check out additional resources at www.EveryMarriageMatters.org