

The logo for 'Light ChatRoom' features the word 'Light' in a white, elegant cursive script on a dark green background.

ChatRoom



# From this day forward

Grow together till death  
do you part.

## Commitment 3: Have Fun

Watch the Commitment 3 video Have Fun

The fill-in-the-blank answer key is located in the end of this guide.

## Talk It Over

Share one of the most fun experiences you've had as a couple. What impact did this experience have on your relationship?

## Three Types of Fun Every Married Couple Must Enjoy:

- FACE to FACE

*How beautiful your sandaled feet, O prince's daughter! Your graceful legs are like jewels, the work of a craftsman's hands. Your navel is a rounded goblet that never lacks blended wine. Your waist is a mound of wheat encircled by lilies. Your breasts are like two fawns, twins of a gazelle. Your neck is like an ivory tower. Your eyes are the pools of Heshbon by the gate of Bath Rabbim...*

—Song of Solomon 7:1-4 NIV84

- SIDE to SIDE

*Come, my lover, let us go to the countryside, let us spend the night in the villages.*

—Song of Solomon 7:11 NIV84

- BELLY BUTTON to BELLY BUTTON

*Come, my lover, let us go to the countryside, let us spend the night in the villages. Let us go early to the vineyards to see if the vines have budded, if their blossoms have*

*opened, and if the pomegranates are in bloom—there I will give you my love.*

—*Song of Solomon 7:11-12 NIV84*

*May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer—may her breasts satisfy you always, may you ever be captivated by her love.*

—*Proverbs 5:18-19 NIV84*

## **Talk It Over**

How would you evaluate the level of fun in your relationship?

## **Living It Out With Dr. Kim: Making Time**

Face to face: Face-to-face time is important for wives because they like to be relational and communicate. Face to face puts us in a position where we can look at each other and focus on each other. It is affirming to the wife.

Side to side: Men want their wives to be their companion. Men want their wives beside them, to do things with them and spend time with them. Men want their wives to admire them and affirm them.

Belly button to belly button: If your face-to-face and side-to-side times are good, then you are laying the groundwork for belly-button-to-belly-button time. The best sex ever is in the context of a healthy marriage. Set aside time to enjoy each other. Be intentional, and take your time.

## **Talk It Over**

What fun and romantic things did you do early in your relationship that you might need to start doing again?

What are some of the things that first attracted you to your spouse or future spouse and caused you to fall in love?

What are some of the things you most enjoy doing together? How have your interests changed throughout your time together?

## **Next Steps**

Having fun is necessary to having a healthy marriage. Take the following steps designed to help you improve in the three types of fun discussed during this session.

## **Plan a date night.**

Date nights are an important part of having fun in a marriage. Take some time with your spouse to discuss and plan a date night for this week or at least within the next two to three weeks. Don't make this date like any other. Do something different and unique that you both would enjoy. Don't settle for dinner and a movie for this date night. Here are some things to consider while planning your date night.

1. Be creative. Do a little homework, and search out something unique to do.
2. Don't let a limited budget keep you from going on a date. Great date nights can be had without spending a dime.
3. If you have kids, make sure to secure babysitting.
4. Plan a date night that includes good face-to-face time, side-by-side time, and belly-button-to-belly-button time.
5. Search the Web if you need ideas for a great date night.
6. Consider an overnight date or a weekend away if finances and time allow.
7. Use your date night to talk about some of the things you've learned during this series.

8. If you are not already going on dates regularly, use this as an opportunity to talk about how you can make date nights a priority in your relationship.

## **Daily Marriage Boosters.**

Listed below are daily marriage boosters for the next 30 days that are provided by Dr. Kim. These boosters are great ways to show your love to your spouse and will help create an environment of fun in your marriage.

## **30 Days of Marriage Boosters**

1. Find one thing to praise your spouse for today.
2. Pray for God to increase your love for each other today.
3. Thank God for your spouse today.
4. Do something unexpected for your spouse today.
5. Send your spouse a “love” text today.
6. Brag on your spouse to someone today.
7. Hide an encouraging note for your spouse to find today.
8. Wear something today that you know your spouse likes you to wear.
9. Pray that your spouse has a great day today.
10. Share a Scripture with your spouse today.
11. Give your spouse a card for no special reason.
12. Compliment your spouse today.
13. Look at your spouse with awe today.
14. Do something really romantic for your spouse today.

15. Say "I love you" in a foreign language to your spouse today.
16. Do a chore for your spouse that he or she hates to do.
17. Spend an extra 30 minutes with your spouse today.
18. Ask your spouse what his or her favorite date with you has been.
19. Take a walk with your spouse today.
20. Make a wish list for your marriage together today.
21. Celebrate God's love for you as a couple today.
22. Try a food together neither of you has ever tried before.
23. Give each other 10 extra kisses today.
24. Ask your spouse how you can serve him or her today.
25. Look at your wedding pictures today.
26. Plan a vacation for just the two of you.
27. Start saving for something you both want.
28. Praise your spouse for their faithfulness.
29. Listen to your favorite music together today.
30. Pray for God to deepen your love for your spouse today.