

# HOW TO REKINDLE YOUR ROMANCE

## Love, Sex & Dating: Conclusion

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Pastor Brian

### How a Relationship Deteriorates

Romance → Reality → Rut → Resentment → Regret

*“...You don’t have as much love as you used to. Think about where you have fallen from, and then turn back and do as you did at first...” (Revelation 2:4–5, CEV)*

### 3 Steps to Revival

1. REMEMBER.
2. REPENT.
3. REDO.

## How to Get an ‘A’ in Romance

1. ATTENTION.

*“Don’t just think about your own affairs, but be interested in others, too, and in what they are doing.” (Philippians 2:4, The Living Bible)*

*“...be considerate of those who are sensitive about things like this. We must not just please ourselves.” (Romans 15:1, NLT)*

### How to Give Attention

- Write thoughtful texts or notes.
- Active listening.
- Remember important dates.
- Perform small acts of kindness.

### Thoughtful Intimacy

1 – 2 – 3 – 4 – 5

2. AFFIRMATION.

*“So encourage each other and give each other strength, just as you are doing now.” (1 Thessalonians 5:11, NCV)*

*“Love each other...and take delight in honoring each other.” (Romans 12:10, The Living Bible)*

### **How to Show Affirmation**

- Compliment their character and attractiveness.
- Acknowledge their achievements and hard work.
- Specific/authentic praise.
- Express pride and support.

### **Emotional Intimacy**

1 – 2 – 3 – 4 – 5

## **3. AFFECTION.**

*“Now, this is the goal: to live in harmony with one another and demonstrate affectionate love, sympathy, and kindness toward other believers. Let humility describe who you are as you dearly love one another.” (1 Peter 3:8, TPT)*

*“Husbands ought to love their wives. They’re really doing themselves a favor—since they’re already “one” in marriage.” (Ephesians 5:28, MSG)*

*“...One day as Abimelech king of the Philistines looked out his window, he saw Isaac holding his wife Rebekah tenderly.” (Genesis 26:8, NCV)*

### **Prioritize Non-Sexual Touch.**

- Holding hands.
- Huddling close.
- Hello/Goodbye kiss.
- Hugs!

### **Physical Intimacy**

1 – 2 – 3 – 4 – 5

## **4. ADVENTURE.**

*“Life is short, and you love your wife, so enjoy being with her. This is what you are supposed to do as you struggle through life on this earth.” (Ecclesiastes 9:9, CEV)*

*“...God, who is rich and blesses us with everything we need to enjoy life.” (1 Timothy 6:17, CEV)*

### ***How to Have Fun Together***

- Weekly date.
- Annual getaway.
- Surprise weekends.
- Hobbies together.

### **Recreational Intimacy**

1 – 2 – 3 – 4 – 5

## **5. AGREEMENT.**

*“But if we are living in the light of God’s presence, just as Christ does, then we have wonderful **fellowship and joy** with each other...” (1 John 1:7, The Living Bible)*

### ***How to Build Spiritual Oneness***

- Praying together.
- Serving together.
- Studying together.
- Reading devotions together.
- Memorizing scripture together.
- Going on a Couple’s retreat.

### **Spiritual Intimacy**

1 – 2 – 3 – 4 – 5

### **NEXT STEPS**

Raise your GPA!  
Read a Resource

### **Resources**

Creating an Intimate Marriage: Rekindle Romance Through Affection, Warmth and Encouragement

by Jim Burns

The Intimate Connection: Secrets to a Lifelong Romance by Kevin Leman

Love is a Verb: Stories of What Happens When Love Comes Alive by Gary Chapman

The One Year Love Language Minute Devotional by Gary Chapman

10 Ways to a Stronger Marriage by Trey & Lea Morgan