

### CONNECTION FIVE:

Each spouse ask the other, “What makes you feel connected or close to me and how you would like to connect more in each of the following areas?”

- Emotionally
- Spiritually
- Physically

### CONNECTION SIX:

Each spouse describe something specific the other did recently that made them feel appreciated, loved, honored, and/or respected.

### CONNECTION SEVEN:

Gallup and the National Association of Marriage Enhancement studies revealed that less than one percent of couples that pray together daily end up getting a divorce! Prayer is vital for your marriage. Each spouse ask the other, “How can I be praying for you right now?”

### CONNECTION EIGHT:

Share from your heart to connect. Seek to use this time as an opportunity to **tighten the knot**. Ask each other these questions:

- Am I there for you? What can I do to be more accessible?
- Do you feel that you matter to me? What can I do to be more responsive?
- Can you count on me? What can I do to be more engaged?
- How can I help build trust and be a “safe place” for you in our marriage?

The greatest way to **tighten your marriage knot** is to keep Christ at the center. Finish your date by taking out the three cord strand and *Cord of Three Strands* card. Read the card together and talk about how you can put Christ at the center of your marriage. Then, work together to braid the three cord strand. Pray together and ask God to help you connect and continue to **tighten your marriage knot**. Consider putting the three cord strand in a special place as a visual reminder.

# TIGHTEN THE KNOT



*Date 1: Let's Connect*

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We were created for connection, first and foremost with God. God is a relational God, it is part of His nature. This is seen in the mysterious reality of one God in three persons: the Father, the Son and the Holy Spirit. In Genesis, the first marriage was created by God as a beautiful gift and picture of this mystery. The heart of a loving, relational God is that we connect deeply with Him and with each other.

The marriage bond grows stronger when we invest the time to connect with each other. There are many things that can benefit our marriage, but if we are disconnected it will be irrelevant. It is vital to be intentional about **tightening your marriage knot** in order to keep that bond and connection strong.

A date is special when you feel connected emotionally. The most important element for this date in **tightening the knot** is connecting. Try to listen without filling in the blanks or correcting details. The information alone won't bring connection. The feelings that you share and recall will connect you. Tone, body language and intention will set the stage. Remember your goal is to feel close to each other through a shared experience.

During the date, go through each of the following connections together.

## CONNECTION ONE:

Each spouse identify how tight you feel your marriage knot is right now. This is a great place to start to understand how your spouse sees your marriage. Then, share with your spouse where you would want your marriage to be.



## CONNECTION TWO:

### REMEMBER WHEN...

Share a memory from the following:

- The first time we met...
- Our wedding...
- A special or significant moment we shared with each other (*ex: birth of child, trip, anniversary, serving together, etc.*)

## CONNECTION THREE:

Each spouse list three things you enjoy that you would like your spouse to consider doing with you. (*ex: cooking class, travel, build something, go to the theater, etc.*)

His

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Hers

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## CONNECTION FOUR:

Each spouse ask or complete the following:

- "I feel connected to you when..." (*ex: we pray together, you help around the house, we go on dates, we are intimate, we have fun together, you interact with the kids, etc.*)
- "How can I better connect with your heart?"