

life|GROUPS  
**40's & 50's**  
Building Strong Families

**Putting time into your relationship (Dating)**

3-22-17

My wife has this quote she actually heard in a movie called "Hitch", she is painting on our bedroom walls: "Life is not measured by the number of breaths we take, but by the moments that take our breath away."

The Bible has similar advice:

- Ecc. 11:8
- Ecc. 9:9

Q How do we do that?

Put time and energy into your Spouse or S.O.

Why do we stop putting time/energy into each other?

1. We have reached our goal
2. Don't have a new goal
3. Self-centered
4. Circumstances in life have changed and we have not adjusted
5. We settle for okay

6. Communicate is too much work
7. We forget simple times are special
8. We forget thoughtful acts
9. We stop growing
10. We keep score
11. We don't see it as necessary

#### Practical direction

1. Be intentional ss. 7:11-12; ss. 2:10-13
2. Be spontaneous Ecc. 2:16 Life is short
3. Fun is Healthy Prov. 17:22
4. Love is more than just words Eph. 5
5. Live life now (we tend to divide life into 2 categories: living and waiting to live)
6. Schedule in dates
7. Do more than just sit next to each other
8. Figure out activities that you can still talk (walking, biking, hiking)
9. Find common interests

How does time / dating affect our relationships?

1. Compatibility grows
2. Friendships deepen
3. We connect and reconnect
4. Healing happens
5. We de-stress

### **Test and questions**

Test: regarding the energy you put into a relationship

(Answer Yes or No)

1. My spouse/SO seeks out my opinion
2. My spouse/SO cares about my feelings
3. I don't feel ignored very often
4. We touch each other a lot
5. We listen to each other
6. We respect each other's ideas
7. We are affectionate towards each other
8. I feel my partner takes good care of me
9. What I have to say matters
10. I am important in our decision making
11. There's lots of love in our relationship
12. We are genuinely interested in each other
13. I just love spending time with my partner
14. We are good friends
15. Even during rough times, we can be empathetic
16. My spouse/SO is considerate of my thoughts
17. My spouse/SO finds me physically attractive
18. My partner expresses warmth towards me
19. I feel included in my partner's life
20. My spouse respects me

If you checked “yes” to fewer than seven items, then it is likely you are not feeling adequately loved and respected in your marriage. You need to be far more attentive and creative in adding affection to your relationship.

Q Why do you think God expects us to enjoy this life? If so how?

Q What did you do when you first started to date or were newly married, just for fun? Why did you stop?

Q What are you doing for fun now?

Q What blocks your fun?

Q what advice would you give your 25 year old son or daughter about having fun?