



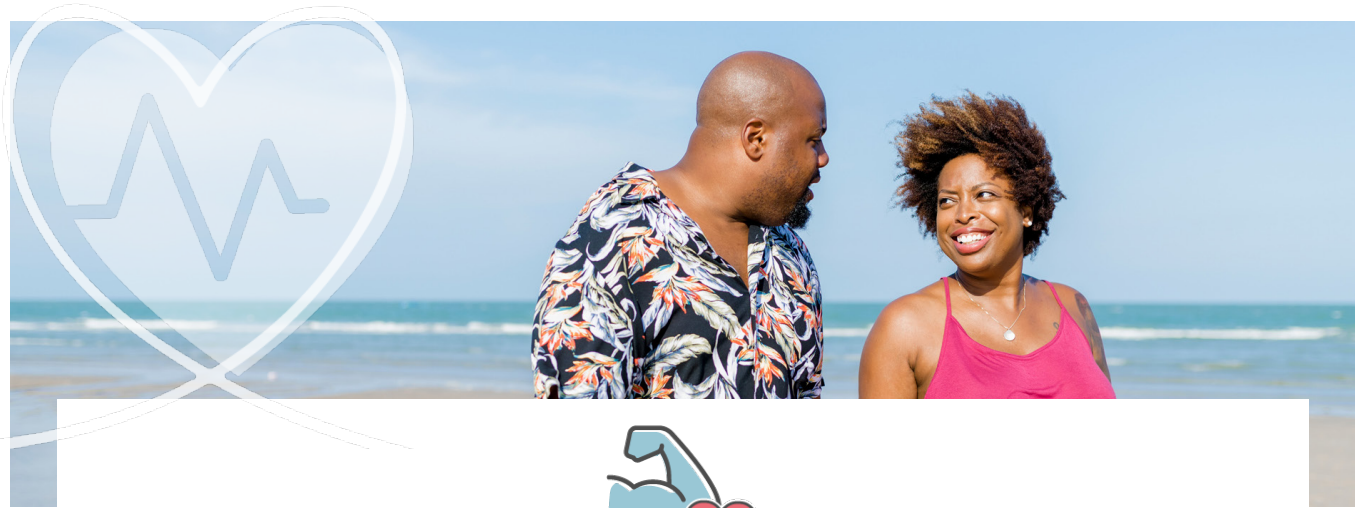
STRONGER  **FOREVER**

BECAUSE EVERY ANNIVERSARY IS **A BIG DEAL.**

But they don't just happen. The key to anniversaries worth celebrating ... is to cultivate them all year long.

Our Stronger Forever Plan offers you a choice of three marriage “tracks” designed for your personal relationship goals. Want to experience a little more delight? Want to get a little deeper, a little more resilient? You decide! We've got your back.

  #  **FOREVER** [FamilyLife.com/Stronger](https://www.familylife.com/Stronger)



STRENGTH AND CARDIO TRACK

—with exercises for

- Having fun together
- Expressing affection
- Taking your relationship to the next level of depth
- Gaining resilience in hard times

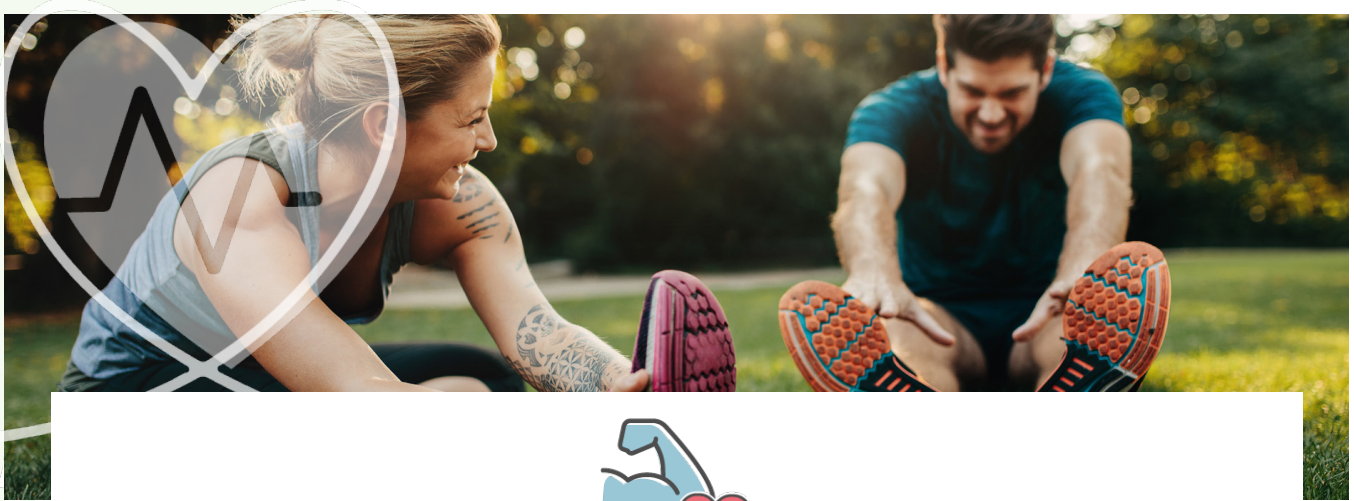
WHAT WE DO

We help you reach your next step of
“marriage fitness.”

WHAT YOU DO

Pick the practical ideas that work for you.

**And you’re that much closer to a better
anniversary every year.**



STRENGTH AND CARDIO TRACK

WEEK ONE

KEY



activity / idea



suggested time range



goal

Are you inspired to improve your relationship?

Use #💪FOREVER in your social media posts.

We'd love to see how you and your spouse are working toward greater marriage fitness this year!



LOVE, ME



Text your spouse in the middle of the day: *You do so many things that make my life rich and happy.*

Thanks for [insert something specific they've done recently].

Or, My love story starts like this: Once upon a time, God brought me you.

Or, You are so goofy. And I actually love it.



5 minutes



Remind your spouse you're thinking of them.



TOUCHING BASE



Accomplish a few spontaneous acts of affection.

- Get handsy.
- Hug from behind when your spouse is doing the dishes.
- Give a scalp or hand massage while you're talking or sitting in bed.
- Put your arms around your spouse's shoulders while they're sitting down.
- Use your facial expression to communicate you're happy to see your spouse.



5 minutes



Make physical affection a regular happening in your home.



GAME ON



Add a twist to your favorite board game. Every time one of you loses something in the game, make up a steamy "penalty."



20-30 minutes



Enjoy a little friendly competition.



PLAY DATE



Take an online class together to kindle a little romance through quality time: cooking, tennis, watercolor, kickboxing, salsa dancing, glass fusing.



60 minutes



Learn something new with each other and about each other, strengthening your marriage through quality time.

KEY



activity / idea




suggested time range



goal

Are you inspired to improve your relationship?

Use #  FOREVER in your social media posts.

We'd love to see how you and your spouse are working toward greater marriage fitness this year!





LIVING WATER

As you cool down, it's time to reflect. **Read 1 Peter 3:8-9.**

Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind. Do not repay evil for evil or reviling for reviling, but on the contrary, bless, for to this you were called, that you may obtain a blessing.

PRAY TOGETHER

Remember to stretch yourself this week for the sake of your spouse, and stay flexible with your growth.

Lord,

Open our eyes to see the goodness you've created in each of us—and in us together.

Grow our affection and unity from our minds and hearts outward.

Help us respond with tenderness even when we're hurt.

Amen.

More options to help you get even stronger!



Rekindling the Romance podcast series



Romance for Dummies podcast series



STRENGTH AND CARDIO TRACK

WEEK TWO

KEY



activity / idea




suggested time range



goal

Are you inspired to improve your relationship?

Use #  **FOREVER** in your social media posts.

We'd love to see how you and your spouse are working toward greater marriage fitness this year!



FEAST ON A LITTLE ROMANCE



Order take out or make a meal together. What could make it pop?

- Bring her flowers.
- Pick a song to dance to in the park, sharing a pair of earbuds.
- Unveil something that reminds your spouse of one of your first dates.



1-2 hours



Make physical affection a regular happening in your home.



FUN LOVING



Make it a goal to get your spouse laughing. Keep a hilarious anecdote in mind from your day, share a YouTube video, refer to an inside joke, or look up a goofy joke and send it as a text.



5-10 minutes



Remind your spouse you two still know how to have fun.



LOSING THE WEIGHT



Pray. What annoyance or hurt have you chosen not to forgive your spouse for?

Ask God for the power to choose forgiveness whenever this arises in your mind.

Remember this about forgiveness:

- It is not excusing behavior.
- It is not without accountability.
- It chooses to bless rather than seek revenge.
- It chooses not to dwell upon, or gossip about.



Repeat as often as necessary



Forgive your spouse as you have been forgiven, setting you both free.

KEY



activity / idea



suggested time range



goal

Are you inspired to improve your relationship?

Use #👊FOREVER in your social media posts.

We'd love to see how you and your spouse are working toward greater marriage fitness this year!





WELL-HYDRATED



What is the greatest drain (or strain) on your marriage right now?

- Schedule?
- Kids?
- Media?
- Expectations?
- Out-of-control emotions?
- Perpetual anger?

Decide on a single step you will take to leave yourself more “hydrated” for your spouse.



Once daily



Isolate the extra weight or “empty calories” burdening your marriage, and make a definitive step to exchange it for something wiser, more loving, and more life-giving.

KEY



activity / idea



suggested time range



goal

More options to help you get even stronger!



[10 Ideas to Make Time for Your Spouse](#)



[Connecting With Your Spouse Through the Busy Parenting Years](#)



LIVING WATER

As you cool down, it's time to reflect. **Read Ephesians 4:25-27, 29, 31-32.**

Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

... Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

... Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

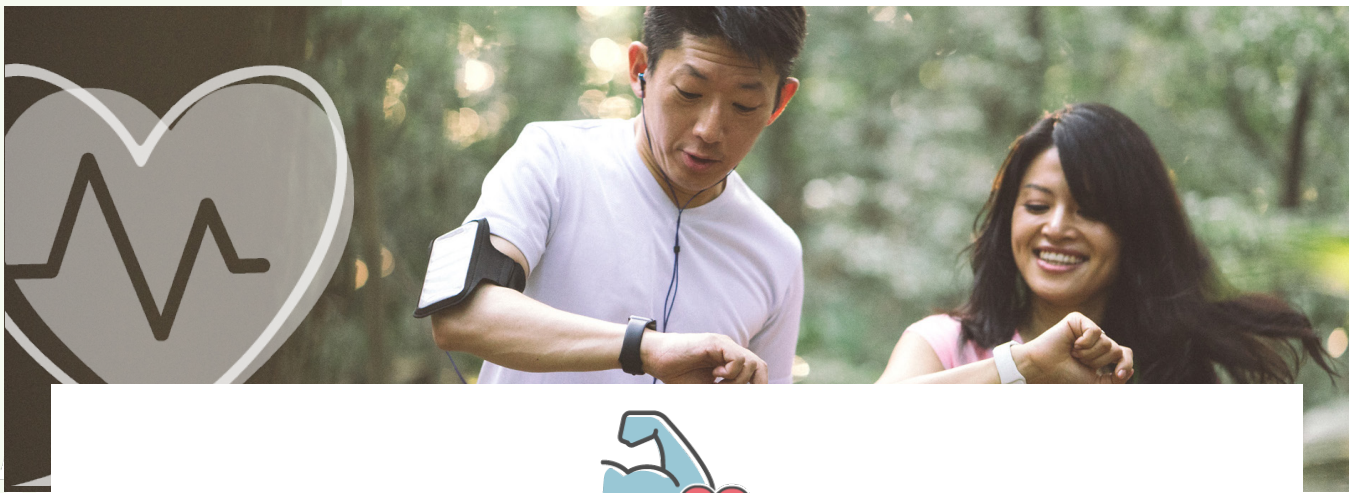
PRAY TOGETHER

Remember to stretch yourself this week for the sake of your spouse, and stay flexible with your growth.

Father,

Remind us constantly how much we're forgiven. Let us forgive that way in our marriage. Keep us from words that corrupt each other.




Amen.




STRENGTH AND CARDIO TRACK

WEEK THREE

KEY

-  activity / idea
-  suggested time range
-  goal




Are you inspired to improve your relationship?

Use #  **FOREVER** in your social media posts.

We'd love to see how you and your spouse are working toward greater marriage fitness this year!






WORK IT, BABY

-  Complete one chore usually handled by your spouse.
-  20-30 minutes
-  Show love through an act of service.



TARGET AREAS

-  Kiss parts of your spouse's body one by one, thanking God for what you love about that part. (*These hands are so good with our kids. This hair is so thick and unique. The vocal cords within this neck speak life to so many people.*)
-  7-10 minutes
-  Increase your own appreciation of your spouse with affectionate foreplay.



HERE WE GO AGAIN



When your marriage is under stress, what patterns tend to repeat themselves? (e.g. *My spouse withdraws. I lash out. I get insecure. My spouse gets critical. I work harder. My spouse is immobilized.*)

Learn to identify stress indicators in yourself and your spouse and take time together to be proactive before those days hit.

- What's one destructive pattern that you could hijack for a more constructive one?
- What's one positive action you could take together while feeling stressed? (e.g., Taking a date night. Praying together. Eliminating the yelling so you can work against the problem instead of against each other.)



20 minutes



Interrupt destructive stress cycles and replace them with strengthening moves

KEY



activity / idea



suggested time range



goal

Are you inspired to improve your relationship?

Use #**FOREVER** in your social media posts.

We'd love to see how you and your spouse are working toward greater marriage fitness this year!





IMPROVE YOUR IQ



How much do you know about what your spouse likes in bed? Begin by lying in bed with one another, clothes optional.

Ask:

- What turns you on?
- What do you love that I do in bed?
- Is there something I could do to please you even more?
- What's one of the best memories you have of us in bed?
- What's an arousing area of your body that I might not guess?



Once weekly, minimum



Increase your sexual IQ of your spouse

KEY



activity / idea



suggested time range



goal

More options to help you get even stronger!



[FamilyLife's archives on stress and busyness](#)



[Who Does the Housework?](#)



[FamilyLife's archives on sex and romance](#)



LIVING WATER

As you cool down, it's time to reflect. **Read Song of Solomon 4:10.**

*How beautiful is your love, my sister, my bride!
How much better is your love than wine,
and the fragrance of your oils than any spice!*

PRAY TOGETHER

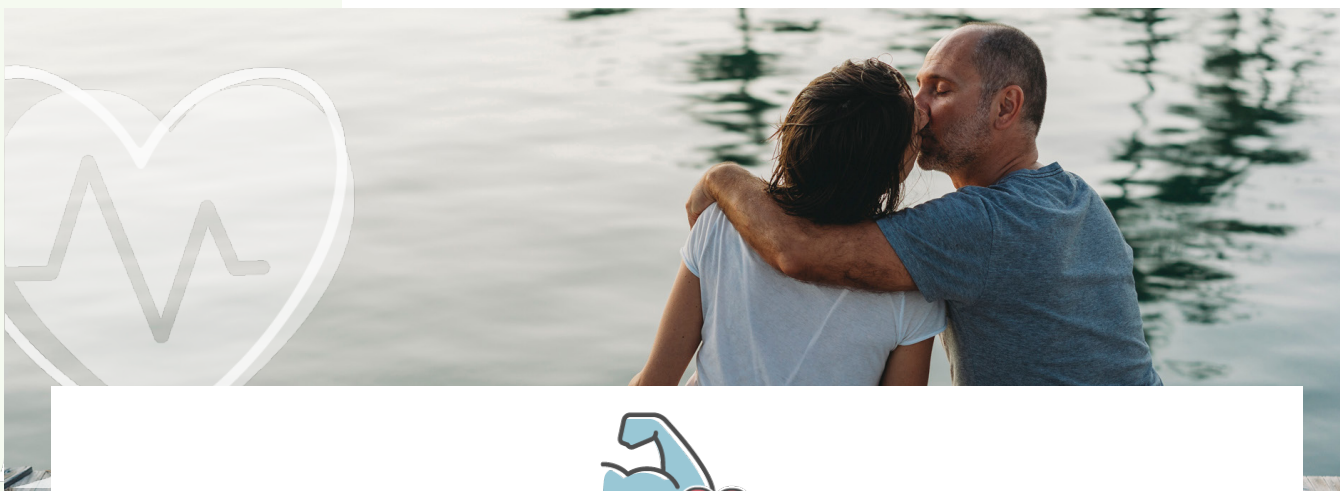
Remember to stretch yourself this week for the sake of your spouse, and stay flexible with your growth.

Father,

*Help us celebrate what's going right. Create gratitude in us
for each other and what we have.*

Amen.





STRENGTH AND CARDIO TRACK

WEEK FOUR



OFF-ROADING

KEY



activity / idea



suggested time range



goal

Are you inspired to improve your relationship?

Use #**FOREVER** in your social media posts.

We'd love to see how you and your spouse are working toward greater marriage fitness this year!



Do at least one off-the-beaten path fun activity. Ideas:

- Have a Nerf war.
- Finger paint each other in the shower.
- Try a new restaurant with foreign food and atmosphere.
- Slow dance together.



Monthly



Create fun, varied memories while keeping boredom at bay.



PUSH YOURSELF



Create endurance for the sake of your spouse by stretching yourself one step further than is easy. Ideas:

- Initiate sex or try something new.
- Give a massage when you're tired.
- Listen to your spouse when he or she is not making sense, is over-emotional, or is babbling a bit.
- Allow his or her parenting style to travel a bit beyond your comfort zone.
- Forbid your insecurity from taking over.
- Choose not to pigeon-hole your spouse, seeing them instead as capable of change.



Once weekly, minimum, for a lifetime



Continue to lay down your life for your spouse.

KEY



activity / idea



suggested time range



goal

Are you inspired to improve your relationship?

Use #**FOREVER** in your social media posts.

We'd love to see how you and your spouse are working toward greater marriage fitness this year!



GOOD RHYTHMS



Set a reminder on your phone to pray a single-sentence prayer for your spouse every three hours. Ask your spouse how you can pray for them that day.



30 seconds or less once every three hours, over the course of 48 hours



Make prayer for your spouse--and seeking the Living Water--a regular part of your day.



HAPPY DAYS OR DATE LINE



Create a custom blast-from-the-past date. What's a happy, repeatable memory from childhood? Did you love ping-pong, silly putty, or a flavor of ice cream? Was there a snack a parent bought for you, or a movie that makes you feel 12 again? Ask your spouse about their childhood.

- What did you love to play?
- At different ages, who was your best friend? What made them great?
- What's one fantastic day, vacation, or birthday you remember?
- What's one pleasant smell that takes you back?
- What's one thing you would tell your childhood self?



2-3 hours



Explore territory you haven't before—and celebrate what went right in your childhood.

KEY



activity / idea



suggested time range



goal

More options to help you get even stronger!



[Take the Oneness Prayer Challenge](#)



[30 Ways to Pray for Your Husband](#)



[Francis and Lisa Chan on Praying for Your Spouse](#)



[Podcast Series: Praying for My Spouse](#)



LIVING WATER

As you cool down, it's time to reflect. [Read Song of Solomon 2:15,](#)

*Catch the foxes for us,
the little foxes
that spoil the vineyards,
for our vineyards are in blossom.*

PRAY TOGETHER

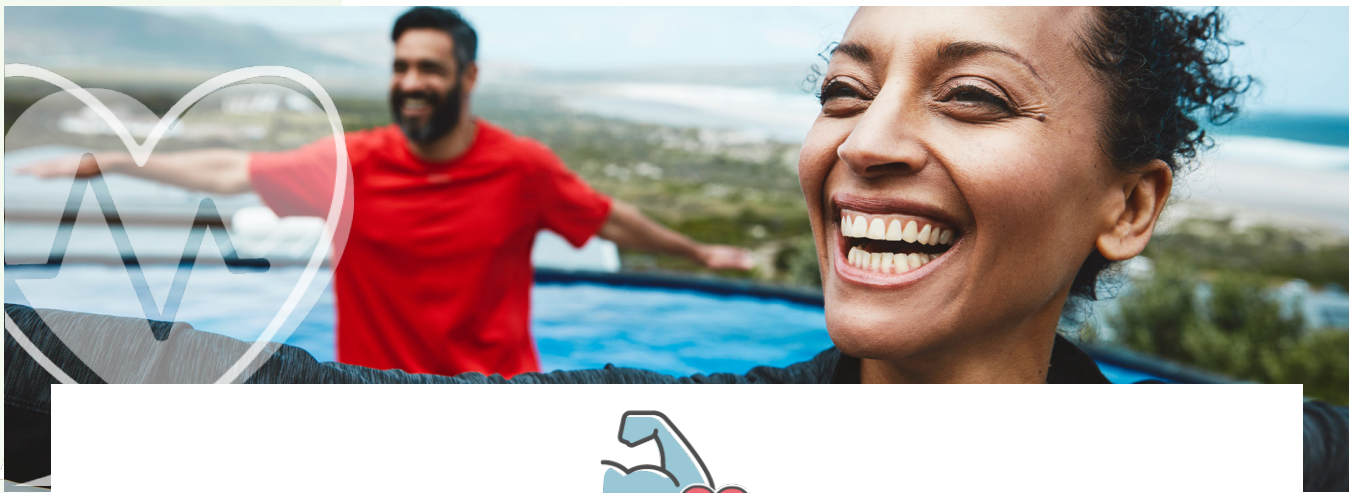
Remember to stretch yourself this week for the sake of your spouse, and stay flexible with your growth.

Lord,

Show us what's getting in the way of us being one flesh. Be jealous for our marriage; give us the courage and wisdom to address what's eating away at our love for each other.

Amen.





STRENGTH AND CARDIO TRACK

WEEK FIVE



DEEPER DATING

KEY



activity / idea



suggested time range



goal

Are you inspired to improve your relationship?

Use #**FOREVER** in your social media posts.

We'd love to see how you and your spouse are working toward greater marriage fitness this year!



Increase your date-night lifting power. Make them count by creating a goal to complete three “reps” by answering three in-depth questions each date.

Ideas:

- What's one thing I do that makes you feel respected, loved, or connected to me?
- What's one of your best memories of us together?
- What kind of activity makes you feel closest to God?
- What do you pray about most often?
- What job(s) could you do that wouldn't feel like work?
- What do you like—or what are you most grateful—about the way God has made you?
- What's one way I could be more of the person I want to be?



15-30 minutes



Take your dates to the next level of connection.



POSITIVELY CHARGED



Struggling not to complain? Make it a daily goal of 10: Thank God for 10 things your spouse is doing right.



10 reps daily



Acknowledge your spouse is more than the sum of his or her weaknesses.



LABOR OF LOVE



Choose to serve together. What's one activity in which you could give of your time as a team? (Tip: Wives, consider letting your husband choose the activity.) Get creative. If this is your first time, choose something in a natural area of interest.



Varies



Bond spiritually and in quality time as you move your marriage outside of yourselves.

KEY



activity / idea




suggested time range



goal

Are you inspired to improve your relationship?

Use # FOREVER in your social media posts.

We'd love to see how you and your spouse are working toward greater marriage fitness this year!





IN YOUR CORNER



Have your spouse's back. How can you protect him or her?

Ideas:

- From overly needy kids (“Can you solve this problem on your own, buddy?”) or kids in conflict.
- From letting his or her work wins/losses dictate his or her identity. Remind your mate that they're more than what they do.
- From an overreaching schedule. (“I would love you to have more white space on this calendar. Is there one thing you could say no to?”)



5-10 minutes, repeated periodically



Run some interference for your weary ally.

KEY



activity / idea



suggested time range



goal

More options to help you get even stronger!



[30 Ways to Start a Conversation With Your Spouse](#)



[30 Ways to Love Your Wife](#)



[Podcast with Gary Thomas: Cherish as Protection](#)



LIVING WATER

As you cool down, it's time to reflect. **Read Colossians 3:12-14.**

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony.

PRAY TOGETHER

Remember to stretch yourself this week for the sake of your spouse, and stay flexible with your growth.

Lord,

Help us both to truly enjoy each other. Make gratitude a habit in our marriage.

Amen.








STRENGTH AND CARDIO TRACK

WEEK SIX




SWEET SPOT

KEY

-  activity / idea
-  suggested time range
-  goal

Are you inspired to improve your relationship?

Use #  **FOREVER** in your social media posts.

We'd love to see how you and your spouse are working toward greater marriage fitness this year!



Make a special dessert together. Share it with a side of playful flirtation: Wipe some whip cream on his cheek. Feed her a cherry. No-cook options are great too (custom sundaes, anyone?).

It's the together-time that counts.



60 minutes



Create a mini date night. Share some sweets while being sweet to each other.



TIME SHARE



Look through old pictures together. Create a contest:

- What was the worst outfit?
- Worst hairstyle?
- Picture you most hope to hide?
- Picture that reminds you how good lookin' your spouse is?



30 minutes



Laugh at great memories and all those clothes you can't believe (or admit) you wore.



AFTER HOURS



Have a date after the kids are in bed, making the shared activity something other than movies or TV. Ideas:

- A version of your favorite board game where the winner gets a backrub
- Picnic in the bedroom: candles, take out, blanket
- Stargazing
- Indoor s'mores
- Complete a jigsaw or crossword puzzle while enjoying a playlist



1.5 hours



Strengthen your marriage through quality time.

KEY



activity / idea




suggested time range



goal

Are you inspired to improve your relationship?

Use # FOREVER in your social media posts.

We'd love to see how you and your spouse are working toward greater marriage fitness this year!





BREATHING DEEPER



Does your marriage—and your life—feel out of breath? What is one activity you could say “no” to this week, so you have more energy for your spouse and your relationship (e.g., “I may have unfolded laundry, but at least I’m not so worn out that sex feels like one more box to check off”)?



Once weekly, minimum



Create breathing room for the things that matter most.

KEY



activity / idea



suggested time range



goal

More options to help you get even stronger!



[20 Ideas for Dating Your Wife](#)



[Romance in a Busy Marriage](#)



[“Just too Busy” Podcast Series](#)



LIVING WATER

As you cool down, it's time to reflect. **Read Song of Solomon 2:10, 16.**

My beloved speaks and says to me:

*"Arise, my love, my beautiful one,
and come away..."*

My beloved is mine, and I am his;

he grazes among the lilies.

PRAY TOGETHER

Remember to stretch yourself this week for the sake of your spouse, and stay flexible with your growth.

Father,

Refresh our relationship--not just with romance that comes and goes, but with You, the Living Water. Be the source of our life as a couple. Help us make Your priorities ours. Show us how to invest wisely and generously in all the things we can't see.

Amen.