

The Intentional Marriage

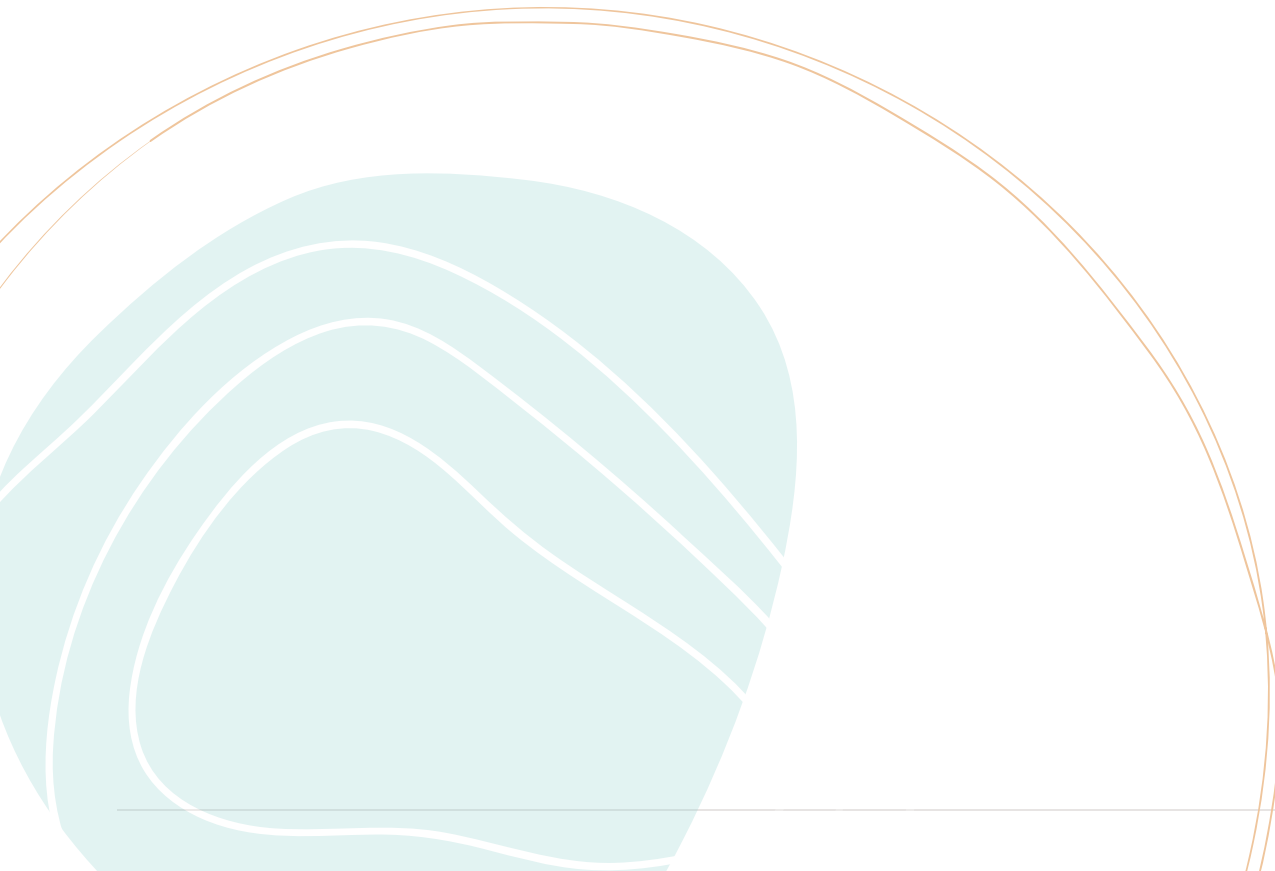
3 Daily Practices to Love Each Other Better

Whole
happy
free

Introduction

Building a strong, connected marriage isn't about grand gestures—it's about small, intentional actions repeated daily. This guide will introduce you to three powerful yet often overlooked habits that foster trust, emotional intimacy, and spiritual connection.

Each habit comes with a reflection question and a mini challenge to help you put it into practice right away.



Daily Practice #1

The 60-Second Intentional Greeting

Why it Matters: The way you reconnect after being apart—whether it's after work, running errands, or even waking up—sets the tone for the rest of your time together. A warm, intentional greeting creates a moment of connection rather than just moving on with the day.

"Pleasant words are as an honeycomb, sweet to the soul, and health to the bones." — Proverbs 16:24

How to do It:

- When you reunite, **pause** before jumping into tasks or conversations.
- Make eye contact, **smile**, and **share a warm hug or touch**.
- Use a simple phrase that acknowledges and welcomes your spouse:
 - "I missed you."
 - "I'm so happy to see you."
 - "How was your day?" (and really listen to the answer).

Reflection Question: How do you usually greet your spouse after being apart? How might a more intentional approach shift the energy in your relationship?

Mini Challenge: For the next 24 hours, be intentional in how you greet your spouse after time apart. Notice how it feels.



Daily Practice #2

The 20-Second Hug

Why it Matters: Science shows that holding a hug for at least 20 seconds releases oxytocin, the “bonding hormone,” which reduces stress and increases feelings of safety and connection. A simple embrace can be an act of love and comfort.

"Live in peace; and the God of love and peace shall be with you." — 2 Corinthians 13:11

How to do It:

- Instead of a quick hug, hold each other for a full 20 seconds.
- Take a deep breath together, and let yourself relax into the embrace.
- Try this at least once a day—before leaving for work, when reconnecting, or before bed.

Reflection Question: When was the last time you held your spouse in a truly present, intentional way?

Mini Challenge: Give your spouse a 20-second hug today. Pay attention to how it shifts your connection.



Daily Practice #3

The 5-Word Prayer

Why it Matters: Inviting God into your marriage strengthens not just your relationship with each other but also your shared faith. Praying for your spouse shifts your heart toward love, gratitude, and a desire for their well-being.

"Love one another as I have loved you." — John 15:12

"Pray always, and be believing." — Doctrine and Covenants 90:24

How to do it:

- Each day, take a moment to say a simple five-word prayer for your spouse.
- Example: "Lord, bless [spouse's name] with peace."
- You can say it silently, out loud, or even text it to your spouse.

Reflection Question: How might praying for your spouse daily shift your perspective and deepen your love?

Mini Challenge: Say a five-word prayer for your spouse today. If you feel comfortable, share it with them.



Want to Take This Deeper?

Join our free workshop on structuring communication for a more connected, eternal marriage. Learn how to create clarity, unity, and deep connection through intentional conversations.

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