

MODULE 10 — BUILDING A MARRIAGE CULTURE

Rituals, Rhythms, and Routines That Sustain Passion

“Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another.” – Hebrews 10:25

“Passion sustained is not passion that burns constantly – it is passion that has been given a protected place to return to, again and again.”

“The daily micro-moments of connection – the greeting, the goodbye, the check-in, the touch – do more for a marriage over time than any single grand gesture.”

STEP 1 — SELF-ASSESSMENT (1-10 RATING + YOUR REFLECTION)

On a scale of 1-10, how intentionally have I built structures into our life that protect connection – rituals that make intimacy the default rather than the exception?

1 2 3 4 5 6 7 8 9 10

STEP 2 — BOTH VOICES (WRITE YOURS, THEN HEAR YOUR SPOUSE'S)

MY PERSPECTIVE

SPOUSE'S PERSPECTIVE

What is one thing I used to do that made you feel most connected to me – that I have stopped doing? What daily or weekly rhythm would mean most to you if we protected it?

STEP 3 — ACTION COMMITMENT (WHAT I WILL DO THIS WEEK)

The specific rituals we are committing to – the daily, weekly, and monthly rhythms that will protect what we have rebuilt:

STEP 4 — DEEPER REFLECTION

If I do nothing to structure and protect this connection, what will life fill the space with? What has already filled it? What am I willing to defend the way I defend everything else that matters?

ALIGNMENT CHECK — AFTER THE MODULE

Our marriage culture beginning Monday: daily _____ / weekly _____ / monthly _____.

Signed: _____

Signed: _____

Date: _____