

SPICE up your relationship on every level!!

Spiritual

- Pray throughout the day for each other asking God's guidance and protection.
- Pray to protect one another from undue temptations.
- Say morning and evening prayers together
- Attend church services together
- Pray devotionals together
- Read spiritual books or Bible passages together.
- Seek spiritual direction apart or together from a trusted source.
- Attend a couple's retreat, such as Marriage Encounter.
- Go out and enjoy nature together.
- Share a miracle that you observed today
- Serve one another.
- Recognize the image of God in one another.
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Physical

- Do one simple act of affection to each other every day.
- Try and greet each other at the door with a hug and a kiss.
- Hold hands or hug each other for no reason.
- Hold hands when walking together
- Set aside time to sit and discuss each other's needs
- Cook a meal together and make it a date night
- Take a walk and use the time to talk more intimately
- Work on a project together
- Watch a favorite movie or TV show together
- Go bowling or play laser tag together
- Go to gym, bike or run together
- Play a team sport together
- Cuddle
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Intellectual

- Read a book together and setup times to discuss it.
- Discuss books you have read individually and share ideas you have gleaned from these books to help each other.
- Discuss current events or what you are passionate about.
- Discuss personal and professional dreams and goals and how you plan to reach them.
- Attend a Marriage Encounter and workshops to learn new skills.
- Take a class together
- Play a Trivia-style game together
- Read together.
- Discuss your family planning intentions and dreams.
- Listen to one another.
- Dream together.
- Respect each other.
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Creative

- Schedule a surprise date night.
- Write special notes expressing how much you love each other and what you love about each other.
- Send short texts during the day to let each other know you were thinking about them and praying for them.
- Strive to have time each evening together to just talk and relax.
- Do projects around the house together.
- Exchange your wedding vows each morning.
- Schedule a monthly date night to talk just about you and your loved one (spouse or child), what you are interested in, goals and dreams you have.
- Give flowers.
- Make a special meal.
- Write love letters.
- Travel or go sight seeing.
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Emotional

- Send simple love texts during the day.
- Strive to have time each evening together to just talk and relax.
- Do projects around the house together.
- Schedule a monthly date night to talk just about each other's goals and dreams.
- Go out and do silly things together (like bowling, laser tag).
- Write special notes to each other expressing your love.
- Make time for each other every day.
- Discuss your feelings.
- Resolve problems.
- Laugh together.
- Trust each other.
- Cry together.
- Listen to each other
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Challenge yourself with at least one SPICE activity a day to show affection to each other!!

Add to each list other ways you feel loved and cared for!!