

"A cheerful heart is good medicine." - Proverbs 17:22

- **The picture** Find a fast food employee who will let you take their picture of them fake laughing with both of you.
- **The question:** What are five things that make you laugh out loud? When was the last time you laughed hard at something together?
- **The take-away:** Talk about a comedian that the two of you find funny, then rent some of his/her stuff (or search YouTube) and watch it together this week.

"Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective." - James 5:16

- **The picture:** Find a vehicle in a parking lot that has rust or something broken on it (not your vehicle, though).
- **The question:** In what ways do you feel like your life is getting worn down? Is there any bad habit you see in my life that I should pay better attention to? How can we help each other in this?
- **The take-away:** Tonight before you go to bed, pray with each other for these things. Even if it's not your normal practice, agree to do this.

"So they are no longer two, but one. What God has joined together, let man not separate." - Matthew 19:6

- **The picture** Go to Baskin-Robbins and pick an ice cream flavor both of you have to eat at least three good bites of (take a picture of you doing so at the same time). It should be a flavor that neither of you wouldn't normally order because they don't prefer it (i.e. not one you normally like).
- **The question:** In what ways have we helped each other try new things in our marriage? How are we different people in a better way because of it? When have I/we crossed a line with this, if at all? How would you like me to help your stretch/grow?
- **The take-away:** Each person gets to choose at least three meals you will eat next week. Plan it out!

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want." (Philippians 4:12)

- **The picture:** Take a picture of the two of you requesting \$1,000,000 from your ATM (you don't have to hit enter - just enter the amount on the screen to get the picture).
- **The question:** What is one thing about the way we spend money that I'd like to change, that we can change? Why?
- **The take-away:** Go through your last 20 checkbook entries or credit card expenses and separate which ones were frivolous and which ones were "God-led" or "necessary."

“Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling.” (Philippians 2:12)

- **The picture:** Take a picture of the two of you waiting by a crosswalk with the light telling you not to walk.
- **The question:** What four words would you use to describe how “you” and “us” regard God? What have you sensed Him telling us to “go” and do versus “stop” doing?
- **The take-away:** Decide what your church participation will be in the next 6 weeks. Don’t leave it up to how you may or may not feel Sunday morning - make a conscious choice what you will do and commit to help each other.

“ever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” - Philippians 4:8

- **The picture:** Buy one bottle of water, then take a picture of the two of you somehow drinking out of it at the same time. Bonus points for creativity on this.
- **The question:** How are we as a couple/household most tempted to follow our own standards, whether they are God-honoring or not? What one unhealthy habit or part of our lifestyle would be hardest for us to give up?
- **The take-away:** Over the next week, make each other a “mix CD” of songs you want to use to encourage the other person (i.e. inspirational) and/or invest in your marriage (i.e. romantic).

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” (Ephesians 4:29)

- **The picture:** Buy some bubble gum, and take a picture of the two of you each blowing a bubble and having them touch. (like a big bubble kiss, aw..).
- **The question:** How have my words most brought life and encouragement to you in recent days? What words do you most hope I will say (or say more often)?
- **The take-away:** Make up some new, fun pet names for each other. Call each other them for at least three days - find ways to TXT, email, say them as you head out the door, etc

“Now faith is being sure of what we hope for and certain of what we do not see.” (Hebrews 11:1)

- **The picture:** Capture the two of you kissing one another with a candle in your shot (i.e. by candle light).
- **The question:** what are three things you definitely, without question want to do this year?
- **The take-away:** Agree on at least one thing you will do from each other’s list, and do that thing in the next two months.