

Spiritually Intimate With Your Spouse?

Sharing a spiritual journey with your spouse can be one of the most rewarding experiences you'll ever have. Get started with these tips.

Pray for your spouse

How often do you pray for your spouse's needs, challenges and happiness? This is a great place to start.

Pray for your marriage

At meal times while returning thanks, say a short prayer for your marriage and kids occasionally.

Hearing someone mention your name in prayer can have a powerful impact, especially for children.

Worship together

Being involved in a faith community is a great way to grow spiritually as a family. And it's a meaningful way to help and encourage others.

Schedule time for spiritual growth

Consider setting aside a few minutes several days a week to grow spiritually. Read from the Bible, listen to a song, watch a video, or read a short devotional at breakfast or dinner.

Befriend couples of faith

Befriending other couples of faith is a practical (and fun) way to make spirituality a priority in your marriage and family. Iron sharpens iron.

Be intentional about spiritual growth

Consider having a blueprint for your spiritual growth as a couple. For instance, you could plan to attend one retreat or conference annually or read two spiritually-focused books a year.

The options are limitless. Create a plan that suits you and have fun implementing it.

Spiritual intimacy is achieved through baby steps because it requires a foundation of trust and vulnerability. You probably won't go from a total lack of spirituality to strong spirituality overnight but that's okay.

Just start nurturing your marriage spiritually with these simple tips and before long your relationship will begin flourishing in new ways.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!