

# How to Keep the Romance in Your Marriage

By Dr. Larry and Deb Walkemeyer

*“All mankind loves a love.” - Ralph Waldo Emerson*

*“If there is anything better than to be loved, it is loving.” - Anonymous*

*“A coward is incapable of exhibiting love; it is the prerogative of the brave.” - Mahatma Gandhi*

*“He that falls in love with himself will have no rivals.” - Benjamin Franklin*

*“We are shaped and fashioned by what we love.” - Johann Wolfgang von Goethe*

## The Language of Love

*“Our communication is the key to romance.” (Prov. 18:21)* If you want the fruit of romance in a relationship, you must learn to talk romantically.

### ❖ The Language of Security:

- Security is the assurance that someone is committed to loving and valuing you for a lifetime.
- Make frequent statements of security:
  - “I am so glad that you asked me to marry you.”
  - “I am looking forward to spending the rest of my life with you.”
  - “Your love makes me feel like a warm blanket which is wrapped tightly around me on a rainy day.”
  - Actions speak louder than words: You can’t feel secure if your loved one is craning their neck at the opposite sex all the time.

### ❖ The Language of Adoration:

- This is the fine art of complimenting. Every human relationship craves appreciation. Learn how to communicate honor, desire, and adoration to your lover.
- Remember the nine to one rule: 9 positive, affirming remarks for every 1 negative remark.

### ❖ The Language of Feelings:

- To nurture romance in a relationship you must talk openly about your feelings. Share about your feelings for each other and about life in general.

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- Studies have shown that relationships which flourish spend a larger amount of time sharing both information and emotions.
  - Find out feelings behind events that are happening, feelings about the future, hopes, and dreams. Feelings are present even when men are too busy to see them.
- ❖ The Language of Gentleness:
- Every person has a spirit. It is the most sensitive part of a person, deeper than their soul, reason, will, or emotions. It is like the tips of the fingers-- the first to feel.
  - Our spirits can be opened or closed just like the hand.
  - The ability to have rich relationships depends on your ability to be sensitive to the spirit of that other person and keep their spirit open.
- ❖ The Language of Forgiveness:
- It is difficult to nurture romance when hurts are present.
  - Take to time to share feelings and resolve difficulties, then it is much easier to build a romantic relationship.
  - There is healing power in the words: “I’m sorry.” “I forgive you.”
  - Forgiveness is a decision of the will - as we have been forgiven by Christ, we, too, are commanded to forgive.

## 20 Sizzling Activities

- A living room luau, oriental evening, or other ethnic treat.
- Rent a bicycle built for two and ride around a lake or along the beach.
- Fly a kite together.
- Stroll on the beach barefoot in the evening collecting shells.
- Bring your lover a balloon bouquet to work or tie it to their car.
- Sleep in a sleeping bag together.
- Write post-it love notes and put all throughout the house.
- Have tickle wars.
- Go for a long drive to look at the fall leaves.
- Go body surfing together.
- Stroll the Huntington Library Gardens.
- Play hide and seek at night.
- Rent a romantic video together--have tissue handy.
- Test drive new cars together just for fun.
- Walk through model homes and dream together.
- Wrestle in the snow.
- Send each other flowers for no reason.
- Go for “Just Desserts” at a restaurant you can’t afford to eat at.
- Read books aloud to each other.
- Kiss each other’s lips sweetly.

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