

## What I Love About You...

By Susan Vogt



God is all about love and so is marriage, BUT sometimes just saying “I love you” is not enough. It can be trite, repetitive, and empty words. Learn how to put oomph behind your words of love.

### For

Adult, Couple

### Season

Spring

### Needed

Pen and paper.

### Prepare in Advance

Since this is an activity for you and your spouse, decide on a mutually agreeable time when you can spend about 20 minutes together.

### Activity Plan

Just as faith must be completed by good works (see James 2:21-26), so love is much more than just saying the words, “I love you.” It must be completed by words that show thought and attention. It helps if the words are backed up by deeds of service and kindness. You may already be strong in your affirmation skills of your beloved, but here’s a way to make sure you’re not getting lazy or stingy with words of admiration.

1. As always, begin with putting yourself in the presence of God and praying. You might use the following words or use your own.

*Loving God, who loves and cares for us despite our failings and shortcomings, help us love each other unconditionally and generously and you love us. You gave us your son, who is the WORD, the promise of life after death. Help us to make our words count and back them up with actions. Amen.*

2. On your sheet of paper, write 5 – 10 compliments for your beloved. They must be **true**, **specific**, and **heartfelt**. Best if they are not compliments that you already give your spouse repeatedly, like, “Thanks for cooking a good meal, honey.” or “You look nice in that outfit.”

Rather, you might write, “You know I like your cooking and my favorite dish that you make is \_\_\_\_\_.” Or “The other day when you put on your ‘work outside in the garden clothes’ it might not have looked real fancy but it showed me that you cared to take the time to do a chore for the family that I didn’t have time for.”

3. Alternate saying your compliments out loud to each other.
4. Seal it with a kiss. You might want to save these papers in a private spot for when you’re feeling down. You could also repeat this activity whenever you can think of new words of affirmation to share. It may already be a habit with you. If not, it’s one worth cultivating and doesn’t take going on a diet, exercising more, or stopping something you love doing. Just try to be mindful of voicing what you see and appreciate.