

THE
MARRIAGE
SESSIONS



CHERISH

Session Notes



PART ONE: THE FORGOTTEN VOW

TOP TIP

Express how much your partner means to you through words of appreciation, words of praise and simple acts of kindness.

“When it comes to spending time together, consistency is more important than intensity.”

PHILIP JINADU



- Q1.** What do you *already* do to show your partner that you value them and that they matter to you? What could you start doing to show them this?
- Q2.** What do you think are your main one or two 'love languages'? And what are your partner's? How could you use these in your marriage to strengthen your relationship?



“The belief that we matter is vital in a marriage.”

ROB PARSONS



PART TWO: KEEPING YOUR LOVE ALIVE

TOP TIP

Make it your top priority to plan and spend time together regularly. Protect this time when other things compete for your attention.

“Study your partner and find out what really makes them tick.”

SILA LEE



Q1. What do you currently do to ensure you spend time together on a regular basis? Is there anything you need to change in order to make this happen, or is there anything you need to do to protect your current arrangements?

Q2. Think of three traits you love most about your partner. Try to make these about who they are, not what they do. Share your answers with each other.



“Our words have the power to bring life and death to our marriages.”

KATHARINE HILL





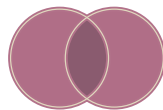
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