



Marriage through the Seasons

*A practical resource for weathering
every season in marriage*

FOCUS ON THE FAMILY® Singapore

Do you remember when you and your spouse first started dating, and you couldn't wait to see each other again?

**That innocent, sweet,
I-just-can't-wait kind of love?**

Or do you cherish memories of going on exhilarating adventures as you navigated engagement, marriage, buying your first home, and having your first child?

**That easy, breezy,
I'm-still-so-in-love-with you time?**

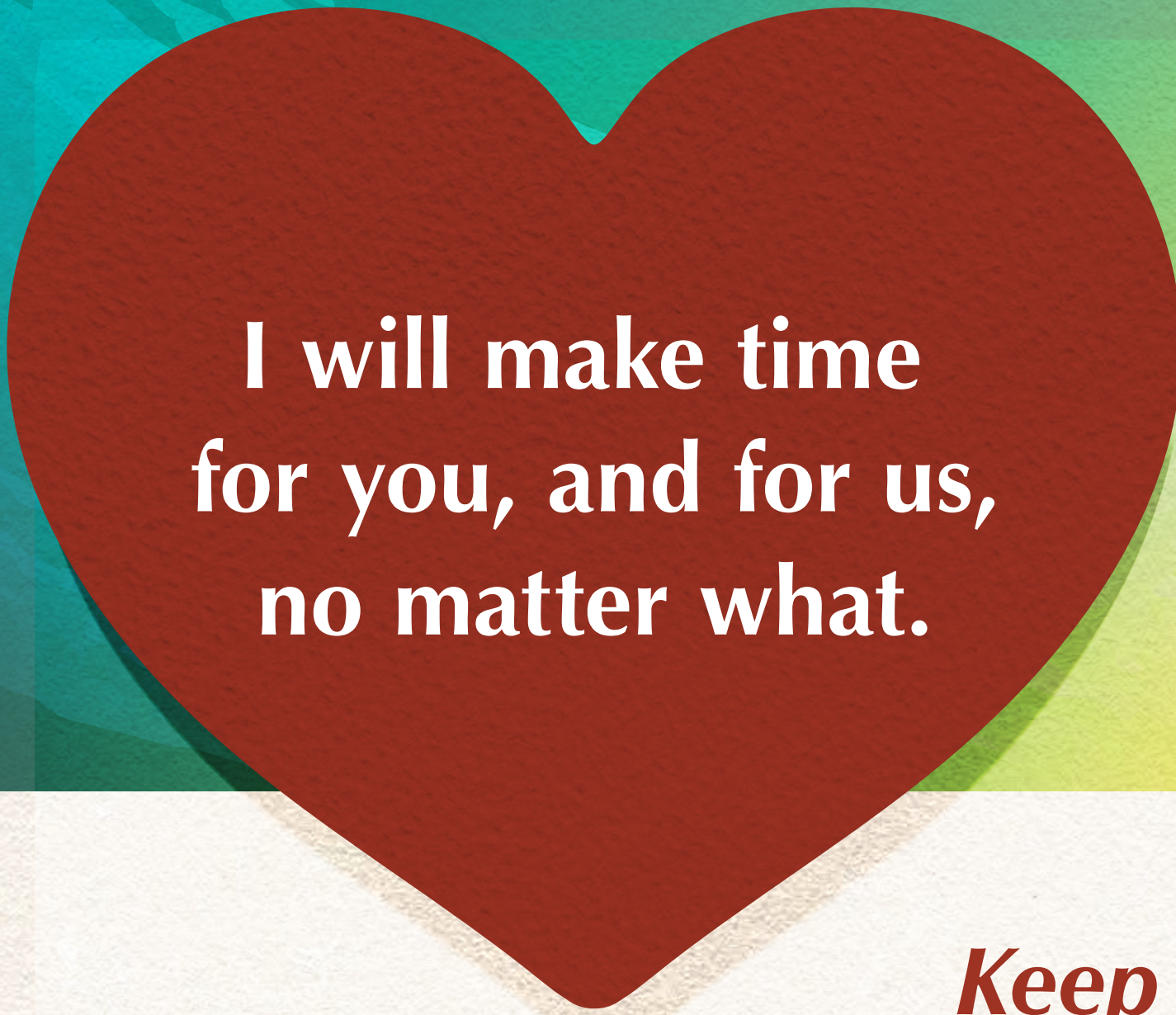
What about when dating got tough because life got tough? Caring for elderly parents, shouldering multiple responsibilities as you both juggle work, family, finances, and everything in between...

*Who'd even have **time and space** to
have **dating** on their minds?*

When you've been married for some time, dates may become distant memories or feel increasingly unattainable.

But... dating through life's many seasons is possible and can be as beautiful as you desire, if you make intentional efforts to keep loving your spouse.

*It's choosing
to say,*



**I will make time
for you, and for us,
no matter what.**

***Keep dating,
no matter what.***

This resource aims to provide you and your spouse with conversation starters to deepen connections through every season.

May you be encouraged to keep dating your spouse and loving each other in ways unique to just the two of you!

When Your Marriage is

Overcast

On the surface, everything appears “business as usual”, and some might even comment on how good your marriage seems. But deep down, you know that something’s not right.

Life's busyness may have sent both of you into autopilot. You’ve spent little quality and quantity time with each other, and there’s been even less opportunity to work through disagreements or unhappiness.

When your marriage feels dark and gloomy, how can you rediscover the joys of sharing life with your spouse?

Here are **3** ways to
get through this rough patch:

1. *Reprioritise*

Neglect is the key contributor to marriages moving into overcast weather. Make intentional decisions to nurture your marriage and make time for each other by cutting out inessential social activities, commitments or time-draining hobbies.

2. *Discover Fun Together*

Find common activities that you both enjoy and take turns to do what each other likes. This shows your spouse that you want to be part of their world, fostering understanding and appreciation for who they are.

3. *Be Intentional* in Little Things

Acknowledge small changes like a new haircut or a new ornament around the house and look for ways to compliment your spouse. Appreciate your spouse for their acts of service, whether for you, your family, or around the home.

When your marriage hits a rough patch, or when you and your spouse find yourselves no longer enjoying each other's company, consider how you can live out your vows.

As someone once said:

It is not love that sustains the marriage, but marriage that sustains the love.

*Couple
Conversations*
for an overcast weather:

1. *When were the best times of our marriage, and why?*
2. *What bothers you most about the current state of our marriage?*
3. *What is one thing that you would like me to do to make you feel appreciated and loved?*

When Your Marriage is

Stormy

You look at your home and marriage and feel like everything has been in vain. There are barely traces of love or positive moments to show for the years you've put in. You may be asking yourself,

"Is it time to call it quits?"

If you and your spouse have found yourselves in a storm, take heart – it does not have to stay this way.

Here are *3* ways to
rekindle love for your spouse:

1. Lean on *Support Systems*

Your community is vital as you and your spouse navigate through this rough storm. Surround yourselves with loved ones who will encourage you on this journey of restoration. Also, be open to seeking professional help from a marriage counsellor or family therapist.

2. Start *Communicating* Again

Communication is key in rekindling your marriage. If your relationship with your spouse is tense, start by initiating simple conversations. Find ways to grow in your communication with each other.

3. Be *Proactive*

Showing love and appreciation to your spouse may not feel natural right now, but persisting in it can soften both of your hearts. Reconnect by spending quality time together, such as enjoying a meal.

Couple Conversations in stormy weather:

- 1. What were the dreams and goals we had for our marriage?*
- 2. How have I hurt you the most in our relationship? How can I make amends in ways that would be meaningful to you?*
- 3. What are some things we can do for each other that would give us hope and motivation for a better marriage?*

***Remember, the weather can change.
The storm may be here,
but it doesn't have to last forever.
Together, you can make a change!***

When Your Marriage is

Sunny

A sunny marriage is full of joy, warmth, and growth. Even when life heats up, the love you share deepens and strengthens.

But just like in real life, a sunny day can also bring challenges.

Take time to appreciate the connection you've built and work together to keep your marriage thriving. Whether it's through heartfelt conversations, surprising each other with little gestures, or simply enjoying a sunset together, every moment counts.

What do you love most about your marriage?

Here are *3* ways to
soak up the sun together:

1. Keep Up the *Romance*

Amid busy schedules, don't let the romance slip away. Make an effort to surprise each other and break out of daily routines. Even if couple time is limited, be intentional about scheduling and sticking to it.

2. Work Through Issues *Together*

Seize the opportunity to address issues that arise and focus on resolving them constructively. Open dialogue is key to understanding and overcoming challenges, so be patient and gentle with each other.

3. *Communicate* Expectations

Clearly communicate your expectations and be proactive in meeting each other's needs. Mutual understanding and anticipation of each other's desires can strengthen your bond and ensure that you both feel valued and loved.

Couple Conversations

in sunny times:

- 1. What brings you most joy in our marriage?*
- 2. What is one thing you would like me to do regularly to show how much I appreciate you?*
- 3. How can we grow in the areas of physical and emotional intimacy in our marriage?*

***No matter what weather your marriage is in,
you can make your relationship with
your spouse the best it can be!***

*“I didn’t marry you
because you were perfect...*

I married you because

you gave me a promise.

*That promise made up for your faults.
And that promise I gave you made up for
mine. Two imperfect people got married,
and it was the promise that made the
marriage. And when our children
were growing up, it wasn’t a house
that protected them; and it wasn’t
our love that protected them;*

it was the promise.”

– THORNTON WILDER

CONNECT2[™]

Whether you're just starting out on a new life together or have been married for many years, there is always so much more to learn and love about your spouse.

Check out these helpful and practical resources as we figure out life and love together and go deep into the conversations about connection and intimacy.

Tune in to the

CONNECT2[™]
PODCAST

*[www.family.org.sg/
Connect2Podcast](http://www.family.org.sg/Connect2Podcast)*



**Find more resources
for your marriage**

*[www.family.org.sg/
resources/marriage](http://www.family.org.sg/resources/marriage)*



Connect with us



www.family.org.sg



focusonthefamily.sg



thrivingfamily.sg

Focus on the Family Singapore Limited is a local Christian charity with Institution of a Public Character (IPC) status dedicated to building a Singapore where family continues to be valued and prioritised, the state of the family is secured, and every child experiences a loving home marked by intimate husband-wife relationships and affirming parent-child interactions.

© 2024 Focus on the Family Singapore.

All rights reserved. Used by permission. This guide is provided as an informational resource only. Use of this guide by any person, group or organisation is not an endorsement of that person, group or organisation by Focus on the Family Singapore. This guide may not be abridged or edited in any way, unless prior written permission is sought from Focus on the Family Singapore (corpcomms@family.org.sg).