Marriage-content

30

SUBJECT: A Love Project: The Written Word

There is power in words. The old saying about sticks and stones and words not hurting us? Rubbish! Though words might not break our bones, they certainly can hurt us—and hurt us deeply.

The opposite is also true: words can bring healing as well.

Here’s today’s LOVE PROJECT assignment:

**Give your spouse a handwritten note sharing something you love about him or her.**

Try to avoid trite phrases—really dig deep and think about the things that make your spouse unique and special. You could talk about your spouse’s unconditional love, funny sense of humor, strong work ethic, or sharp mind.

Put the note somewhere your spouse will find it, or—better yet—hand it to him or her and say, “I’ve been thinking about how special you are to me, and I wrote you a note to tell you about it.”

Write your note today—your next assignment is coming soon!

Here’s to a better marriage,

ADD NAME