Marriage-content

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SUBJECT: A Love Project: Food!

Food sure can be comforting, can’t it?

I love a good bowl of macaroni and cheese on a cold day or when I feel sick. I also love pizza. Those are comfort foods to me.

You probably have your own comfort foods, and so does your spouse. Making your spouse’s favorite food can go a long way toward communicating love!

Here’s today’s LOVE PROJECT assignment:

**Make (or buy) your spouse’s favorite food and serve it to him or her. Make it a surprise!**

You could plan an entire meal of your spouse’s favorite foods, or you could just do a snack. If you really want to get ambitious, plan a whole week of dinner menus, each one featuring one of your spouse’s favorite foods! Your spouse will be blown away by the time and effort you took to do this.

Whatever you decide, make it special—when you serve the food, make sure to tell your spouse how much you love him or her. Your words and your actions will help your spouse feel loved!

Just two more emails in our LOVE PROJECT series! Stay tuned!

Here’s to a better marriage,

ADD NAME