

# Romance:

## Giving of yourself to let your spouse know they are loved.



Many people have misconceptions about romance. They believe it is a feeling, an urge, something that happens at the beginning of a relationship, that romance ends once we settle into marriage, or that romance is the lead into sex. The truth is that romance is an integral part of a healthy marriage, *should* continue for life, and is not necessarily about sex. The simple definition of romance is that it is an expression of love - giving of ourselves to let our spouses know that they are loved. This can be in the little things we do for our spouse or it may be something big; perhaps whisking our spouse away for a weekend adventure.

Romance should occur on a daily basis and is not *that* difficult! It is a matter of placing value on our spouse and demonstrating our appreciation for them. No one is too busy to stop and give their spouse a hug, make a quick phone call (or text) to say, "I love you," pick a flower from the yard, leave a note of appreciation for them when we leave, or drop a card or love note in the mail. It *does* require that we do something for our spouse! We must be purposeful about 'romancing' our spouse. The Bible reinforces this idea in the Song of Solomon as it details the romance occurring between King Solomon and his wife. Proverbs 5:19 admonishes us to *ever be captivated by her (or his) love*.

Do you romance your spouse; giving of yourself to let him or her know that they are loved? Take our quiz; Are You Romantic? and discover how romantic you are. The quiz also provides twenty ways you can demonstrate your love for your spouse. Your spouse needs the reassurance of your love - we all do! Too many couples settle into the routines of life and do not take the time to show love to their spouse. Speak your spouse's *love language* - you can find out more about love languages or take the love language quiz at the *5 Love Languages* website. There are many great ideas available to help you be romantic. Take the 30 Day Love Challenge - 30 simple ways to express love to your spouse - costing nothing! Romance your spouse *every* day; ensure that he or she *feels* that you love them.

### **Helpful Resources:** *Fortified Marriages Resource page: [www.fortifiedmarriages.com](http://www.fortifiedmarriages.com)*

The *Fortified Marriages Manual and Workbook* is a great tool to help couples grow in their marriage relationship. Additional help for keeping romance alive in your marriage can be found in the following:

*50 Ways to Love Your Lover* - from Fortified Marriages Ministry

*40 Unforgettable Dates with Your Mate* by Gary & Barbara Rosberg

*Romance in Marriage* - [www.marriage.com](http://www.marriage.com)