

# Becoming ONE

nurturing your marriage



## Meaningful Conversation

“If a married couple with children has 15 minutes of uninterrupted, non-logistical, non-problem-solving talk every day, I would put them in the top 5% of all married couples. It's an extraordinary achievement.”

(William Doherty, author of “The Intentional Family”)



For the next two weeks, set aside 10-15 minutes of daily sacred space and time for meaningful conversation with your spouse, and begin with prayer. Use the time to discuss anything other than schedules, children, responsibilities/chores, and remember that Christ is present with you.