

becoming ONE

nurturing your marriage



Daily Meaningful Conversation

"If a married couple with children has fifteen 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, marriage/family therapist)

For the next week, make the commitment to create a space in your daily life for a 15-minute conversation with your spouse that begins with prayer, where you do not discuss household logistics or children.