

becoming ONE

nurturing your marriage



“The couple that plays together, stays together.”

We know that prayer is essential to a holy, healthy, and vital marriage. How about “play?” Sometimes we take our lives so seriously that we forget the importance of play/fulness, levity and humor to build connection and closeness.



What do you think about play/playfulness in marriage, and what does it look like for you? If play is not a part of your marriage relationship, consider ways in which you and your spouse can incorporate play into your lives to build “oneness.”

