"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 playfulness, 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.”