

Daily GRACE for Couples

You'll be amazed at what happens when you take 15 minutes each day to share with your spouse what's happening in your inner world and to listen to what's happening in theirs. Just 15 minutes a day—that's the practice—just simple, meaningful, honest conversation.

First, take some time to individually reflect on these categories and then talk about them as a couple over your evening meal or at the end of the day.

Gratitude - What am I thankful for today?

Realizations - What did I learn today about life, myself, you, or God?

Actions - What initiative did I take toward the things that are meaningful to me and part of my calling?

Challenges - What came up that I had to deal with, confront, or overcome?

Enjoyment - Where did I find joy, delight, and meaning today?

It may not sound like much, but when my [spouse] knows what I am grateful for, learning, working on, wrestling with, and where I am finding life, [they have] access to some of the deepest parts of who I am. Others may see what I do; [they are] learning who I am becoming. – Jon Tyson, Primal Path