

The Marriage Rhythms

SPARK CHALLENGE

Parenting teenagers brings a whole new levels of busyness and pressure on your marriage. Between practices, performances, late night talks, car rides, and navigating big emotions, it is easy for your schedules to drift and your conversations to revolve only around logistics. Add teenage hormones and strong opinions into the mix, and tension can quietly replace tenderness.

In this season of launching and letting go, your marriage is still the foundation of your home. But without intentional rhythms, connection can fade and the “us” can get lost in the chaos of raising teens.

One of the greatest gifts you can give your children is a gospel centered example of healthy marriage. Let your kids know you are in love and pursuing God and one another!

If you are feeling more like co-managers than best friends, the Marriage Rhythms Spark Challenge is for you. This simple, intentional challenge will help you reconnect, rebuild communication, and reignite the spark so you can lead your teenagers from a place of unity, strength, and love.



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SPARK CHALLENGE

For the next month, as a couple, focus on these rhythms; not as a checklist, but as a guide to prioritize your connection and spark in your marriage.

DAILY SPARK RHYTHMS {10-15 MINUTES PER DAY}



Connect First

Before phones, TV, or tasks—make eye contact, say good morning or good night, and acknowledge each other.



One Intentional Touch

A hug, holding hands, sitting close, or physical affection without agenda.



One Encouraging Word

Say something specific you appreciate

- "I noticed..."
- "Thank you for..."
- "I'm proud of you for..."



Heart Check-In (Be present - no distractions)

Ask one simple question and listen:

- "How are you really today?"
- "What felt heavy or good today?"
- "What are you nervous or excited about?"



Choose Grace & Forgiveness

Let one small irritation go. No keeping score today. No need to talk to your spouse about it. If anything, bring it to God in prayer and pray for your spouse.



Pray Together

Connect with God and one another through prayer - it can be short. Pray for your marriage - ask for greater connection and intimacy.

WEEKLY SPARK RHYTHM



Protected Time Alone AKA: SPARK TIME!

Schedule a weekly date, walk, coffee, time on the couch or even sex. Focus on presence over perfect planning and consider your season. If you have to schedule a "date" on the couch with take out, do it. Put away all devices!



Calendar Check - Look at the upcoming week and ask:

- What is happening that I may have forgotten to communicate?
- What time and space do we need to prioritize our marriage this week?
- What do we need to eliminate in order to spend time together?
- What can we do together this week that is just fun?

MONTHLY/QUARTERLY/YEARLY SPARK



Dream Forward - Talk about something future-oriented:

- A goal for your connection
- A hope for your marriage
- Plan a getaway (a **SPARK**-ation); a trip alone with your spouse.
 - Think simple, restful, and space for connection

Use the Everyday Rhythms card below as a resource to help you communicate with your spouse at key times during the day.

EVERYDAY RHYTHMS WITH YOUR SPOUSE				
	TIMES	COMMUNICATION	ROLE	GOAL
	MEAL TIME	FORMAL DISCUSSION	ADVOCATE	CONTINUED PARTNERSHIP
	DRIVE TIME	INFORMAL DIALOGUE	ALLY	LISTEN
	BED TIME/ NIGHT TIME	INTIMATE CONVERSATIONS	LOVER	SHOW AFFECTION
	MORNING TIME	ENCOURAGING WORDS	TEAMMATE	EMPOWER

