

The Crazy Cycle Homework

Part 1: Individual Reflection (Quiet Time)

- **The "Mighty Flame" Check:** Do I personally struggle with feeling that deep passion for my spouse is "unspiritual"? Where did that idea come from?
- **The "Little Foxes" Audit:** List 3 "small" things that currently steal the joy or energy from your marriage bed (e.g., exhaustion, phone usage, unresolved tiny arguments).
- **Service vs. Rights:** In what ways have I recently "stood up for my rights" instead of "deciding to serve" my spouse in our physical relationship?
- **The Approval Test:** Is there any area of our intimacy where I feel a lack of "consent and honor"? How can I better protect the "well-being" of my spouse in this area?

Part 2: Couple Discussion (The "Vineyard" Talk)

Find a quiet 20 minutes this week to share your answers from Part 1. Focus on listening without judgment.

- **Share your "Little Foxes":** Compare your lists. Which "fox" is currently the most destructive to your connection?
- **The "First Love" Dance:** Talk about the reasons you first fell in love. If you're comfortable, play "your song" and dance together in the kitchen—just as a reminder of that initial passion.
- **Planning the Invitation:** Look at your calendar for the next 7 days. When will you "go out early to the vineyards" (Song 7:12)? Pick a specific time for **undistracted romance**—no phones, no kids, no "to-do" lists.

Part 3: Scripture Meditation

Memorize: Song of Solomon 8:7

"Many waters cannot quench love, nor can rivers drown it." Remind yourselves daily that your love is a fire God wants to keep burning.