

13 Ways to Reconnect With Your Spouse

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Staying connected with your spouse throughout the busy seasons of life isn't something that 'just happens.' It takes intentional effort to make your marriage a priority instead of falling into the easy trap of taking each other for granted. Try some of these tips to reconnect with your spouse when life has gotten in the way.

IDEAS YOU CAN IMPLEMENT TODAY

1. *Go for a walk or a run together: There's something about being side-by-side and on the move that encourages open communication. There's less pressure than if you were staring intently into each other's eyes across a table. Ask questions and really listen to the answers. Find out what's going on in each other's lives.*

2. *Drink coffee together on the back deck before your kids are up (or decaf after they're in bed): Savour what few quiet moments you can find together. Enjoy the silence together, or perhaps share what you're most looking forward to about your day.*

3. *Work through a devotional together: There are so many great devotionals for couples online. Set aside a few minutes each morning or evening when you can work through one, or set apart a longer period on a Saturday to dedicate to a longer study. You can find resources to get you started [here](#) and [here](#).*

4. *Do a 'photoshoot' and take pictures of your spouse: I recently took a photography course and was challenged to take a picture every day for a year. I was encouraged to do monthly photoshoots of each person in my family. Taking pictures of my husband was a new experience for me, and I felt a deeper connection with him as I studied him and all his different smiles through the lens of a camera. Taking pictures of someone allows you to see them 'in another light.'*



IDEAS YOU CAN IMPLEMENT IN A WEEKEND

5. *Sign up to take a class together: Cooking, gardening, kayaking, photography, foraging, parenting...it doesn't matter what you study. Just being together learning about a new topic will strengthen your bond.*
6. *Teach each other: Take time to learn about each other's work/hobbies/passions and teach them to each other. For example, my husband is skilled with carpentry and he taught me how to refurbish old wooden furniture. Learning from someone helps foster respect for that person and their gifts and abilities.*
7. *Do an act of service together: Take care of a neighbour's yard, participate in a church clean-up, take food to a housebound friend.*
8. *Take on a project together at home: Plan an update of your bedroom, assemble something from Ikea (if this doesn't help you bond, I don't know what will!), build and plant a raised bed, clean the garage, sort through old photos.*
9. *Get to know each other better: Write down intentional questions for one another and spend an evening answering them over a candlelit dinner or glass of wine.*

IDEAS THAT REQUIRE A TIME INVESTMENT

10. *Take on an adventure: Discover all the local coffee shops, visit all the local antique stores, try all the Mexican restaurants in town. Make it your mission to find the best Eggs Benedict in your city/state/province.*
11. *Create a 30-day Challenge: Surprise your spouse with an advent calendar-style gift with a new, simple activity to do together each day.*
12. *Take 'The Marriage Course' (themarriagecourse.org): This program, which our church used to host regularly, carried our marriage through a very difficult time. Use the website to find one near you, and if you can't find one, volunteer to host one through our church. It's so worth it.*
13. *Go on a marriage retreat: We've been to both 'organized' retreats, and retreats of our own design, and while both were useful, we found the latter especially beneficial for rebuilding our connection. Find friends or family to watch your kids and invest a weekend in your marriage. You won't regret it.*

