



RECIPE CARD

Marriage Intentionality

THE LOVE JOURNAL

Best Use

As an ongoing process for expressing love, devotion and commitment to one another.

Nutritional Value

The *Love Journal* is a great way to open up sharing with one another since it is often easier to express feelings and appreciation in writing than it is face to face.

Advance Preparation

- Plan a time (date night, quiet moment at home, etc.) to discuss incorporating the *Love Journal* into your relationship.
- Purchase a journal or notebook together or give it as a gift from one spouse to the other.

The Process

1. Designate a location where you will pass the journal back and forth such as the bathroom sink counter or each other's pillows.
2. Take turns periodically passing the journal back and forth. You may want to mark your calendar on specific days or once a month that you want to be sure that you take the time to write a love note to your spouse.
3. If you give the journal as a gift to your spouse, start the process by writing a love note in the front before you give it.
4. It is fun to write the date of when you write your love notes so that you can look back and see the special things that you have written each other over the years. This journal can be passed through the generations, leaving a legacy of love to share with others. They will have no doubt about your love and commitment to one another.

The Notes

Use the following ideas to help craft meaningful love notes:

- **I Appreciate You** - Share the gratitude you feel for how he or she serves/sacrifices for your family.
- **I Admire You** - Let your spouse know the qualities that you see in him/her such as character, persistence, patience, grace, strength, etc.
- **I Affirm You** - Tell them when they respond well to different situations or circumstances.
- **My Prayer For You** - Write out a prayer that you are praying for your spouse. This can be a great opportunity if you know something specific that will be happening that day that he/she might be worried about.
- **Just Because** - You can just simply write, "I want you to know how much I love you and am so thankful to be married to you!" or you can write out three pages explaining your feelings. It's up to you, because it's not important how long the note is, but how heartfelt it is.
- **Special Occasions** - Take some time for a birthday, anniversary or holiday to share a love note in your journal. Be specific about the occasion and write it in a context that will be meaningful to your spouse.