

MARRIAGE MATTERS

MAY 2025 | MARINERS CHURCH



NEXT STEPS

MARRIAGE MATTERS
SEP 20



MAN CAMP • 5/30-6/1



SERVE WITH
YOUR SPOUSE



SUMMER WITH
NEXT GEN



ASK A BIG QUESTION

Think back to when you and your partner first met. Remember what it was like to wait all day to see them, to feel like you were bursting with questions you wanted to ask them? Any relationship is a process of meeting each other, again and again, over the years.

Ask your partner one big question and see where it goes. You may be surprised with their answer!

Consider these:

- *What are some unfulfilled things in your life?*
- *What legacy do you want to leave?*
- *What are some of your dreams right now?*

Big questions can also be silly/light-hearted too:

- *As a kid, what did you initially want to be when you grew up?*
- *What does your dream house look like?*
- *What skill/talent would you like to have?*

BIDS FOR CONNECTION

What's a bid for connection? It's an invitation to connect. Be on the lookout for these small bids to connect with your partner:

- eye contact
- a smile
- a sigh
- asking for a favor
- reading something aloud to you
- seeming sad or down
- pointing something out, "Look at that!"
- seeming frustrated
- a direct ask for your help
- saying good morning/night

(from "The LOVE Prescription" by John & Julie Gottman)

OUR MARRIAGE MATTERS

✦ SUMMER 2025 ✦

BUCKET LIST

- have a picnic at the park
- go kayaking or paddleboarding
- get slushies at your local gas station
- go for a sunset walk on the beach
- visit the OC Fair
- take photo booth pictures together
- try a new ice cream flavor at an ice cream parlour
- go to a drive-in movie theatre
- cook dinner together
- have an outdoor movie night
- take a spontaneous road trip
- have a water balloon fight
- ride a tandem bike
- attend a 4th of July event
- make s'mores together

NOTES

“TINY LITTLE DOSES, EVERY DAY, IS WHAT IT TAKES TO MAKE A HEALTHY RELATIONSHIP.”

CONE AND GET SOME

Stay cool in the upcoming summer heat and go grab some ice cream with your one and cone-ly!

- **Wanderlust Creamery**
📍 Irvine
- **Handel's Homemade Ice Cream**
📍 Lake Forest
- **Bacio di Latte**
📍 Newport Beach
- **Bruster's Real Ice Cream**
📍 Tustin
- **Cauldron Ice Cream**
📍 Santa Ana
- **OC Stricklands Ice Cream**
📍 Costa Mesa
- **Blue Scoop Creamery**
📍 Yorba Linda