

# Intentional Conversations with your Wife

**Objective:** Life takes over and the person who is your best friend, lover, confidant, and supporter is no where to be found or so you think. Develop intentional, scheduled conversations with your Wife to discuss difficult topics that leads to a deeper, more meaningful relationship with your Wife. As the Catechism states, as husband and wife we are aspiring to “becoming one flesh”.

**Song Suggestion:** “Love is Never Ending” #73 Or “I Have Loved You” #504

## Bible and Catechism Readings:

### **Ephesians 5: 31**

For this reason a man shall leave his father and his mother and be joined to his wife, and the two shall become one flesh.

### **Catechism 1627**

The consent consists in a “human act by which the partners mutually give themselves to each other”: “I take you to be my wife” – “I take you to be my husband”. This consent that binds the spouses to each other finds its fulfillment in the two “becoming one flesh”

**Saint:** St. Joseph

**Vignette:** – There was a couple named Tim and Laurin. (Names have been changed to protect the innocent). They hit a rough patch in their marriage due to several circumstances and decided to go see a marriage counselor. After meeting with the marriage counselor, she brought to their attention that they do not have intentional conversations. This couple had gotten to the point in their marriage that they assumed the other person knew what the other was thinking and acted from that basis. They made the assumption that they didn’t need to say to or tell the other what they were thinking or what they were doing. Pretty soon issues started to layer on top of issues. This caused more issues until they were just kind of existing. The antidote, face to face, eye to eye, knee to knee hand holding conversation. To put 2 chairs together and sit knee to knee. She advised them to try doing this once a week to start off. It was awkward at first. Partly due to the nature of the discussions they were having and partly due to the fact that they were looking each other in the eyes as they spoke. After a few attempts I could see progress was being made. There was understanding and compassion and empathy growing. Now when they have something important to discuss they make the effort to face each other and listen. With our theme of Authenticity this year I discovered that being intentional with your Wife leads to authenticity.

## Questions for Large and Small Group Discussion:

Do you have intentional conversations with your Wife? IF so how do you go about having deep discussions/conversations with her? Share with your Small Team.

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What topics do you need to have intentional conversations with your Wife?

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When was the last time you had an intentional conversation with your Wife? What is holding you back from have one with her right now, today?

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**Resources:**

If you are having difficulty communicating with your Wife or having struggles in your marriage I would strongly recommend seeking professional help.

**Action Plan:**

Go home tonight and discuss this with your Wife. Use this as the impetus to start that intentional conversation that leads to a deeper relationship with your Wife. It takes courage to do this. Ask God to give you that courage. In the end Love never fails.

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