

# KEEP THE F.U.N GOING! | FIGHT AGAINST ISOLATION!

## IN YOUR MARRIAGE:

1. ASK YOUR SPOUSE, “HOW CAN I HONOR AND CHERISH YOU THIS WEEK?”
2. SCHEDULE YOUR NEXT DATE NIGHT TOGETHER.
3. TAKE FIVE MINUTES EVERY DAY (AT THE BEGINNING OR THE END OF THE DAY) TO PRAY WITH YOUR SPOUSE.

## IN COMMUNITY:

1. DO SOMETHING FUN WITH ONE OR TWO OTHER COUPLES OR WITH COUPLES IN YOUR SMALL GROUP.
2. JOIN A COUPLES’ SMALL GROUP.