

How to Spice up Your Couple Time

By the Office for Family Ministry, Archdiocese of Detroit

It is important to renew why you promised to love and cherish each other. Spend only a few minutes of your day and consider these suggestions.



Snuggle Up...

Set your alarm 15 minutes early and snuggle before starting your busy day.



Take a trip down memory lane!

Pull out old snapshots or run an old home video. Thank God for the times—and the people—in those images.



Sharing is Caring!

Talk about where you could make a small donation of money or volunteer this month.



High five!

Each evening, come up with a list of five things you are grateful for and post it on the fridge.

Renew and renovate!

Play and work together. Tackle a household project together.



Be spontaneous!

Spend time together and simply enjoy each other!



Reach out and touch...!

Hold hands when you're together in the car or at Sunday Mass.