First Course:

Our Story

Take a stroll down memory lane and remember the moments that made you realize you had found the love of your life. Ask one another these questions:

What first attracted you to your spouse?

What special qualities did you discover in one another as you first started dating?

What was your earliest romantic memory from your relationship?

When did you first know that you were in love?

When did you first know that you wanted to marry your spouse?
Second Course:
Recent Romance

Rekindle that spark by thinking about some of the more recent romantic memories in your marriage. Share as many as you like!

What was your most recent romantic memory with your spouse?

Where were you?

What were you doing?

What made the moment special for you?

How did it make you feel?
Third Course:

**I love it when...**

Take turns checking off the gestures, words and actions that make you feel loved. Choose as many as you like, or even add your own! Afterwards, narrow the list down to your top three and share.

- Eye contact
- Date nights (without kids)
- Having your full undivided attention
- Flowers or other small gifts
- Tender touches during the day
- Sharing feelings, hopes, fears and dreams
- Dancing
- Light hearted teasing and laughter
- Affirming words
- Spending quality time together
- Doing something on my “honey-do” list
- Notes/messages/calls to say “I love you”
- Playful flirting
- Praying together
- Romantic love notes or love letters
- Sharing your relationship with God
- Snuggling on the couch and/or kissing
- Doing a project together
- Playing “our song”
- Candlelight dinners
- Lovemaking
- ____________________
Fourth Course:
Living “I Do” Everyday

We are called to be a Sacramental sign to each other and to others every day. Take turns sharing something specific that you are willing to do to live “I do” every day. Here are some ideas—be free to add your own!

- Daily words of affirmation
- Intentional hello’s and goodbye’s
- Practice your Beloved’s top three “love gestures”
- Pray together at specific times at night or in the morning
- Schedule quality time together each day
- Schedule regular date nights

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