

SESSION #3

PLAY, DATE, SLOW DOWN



Joy, connection, and rest aren't extras in your marriage—they're essentials.



BOOK CHAPTERS 3 & 4
Laugh Daily
& Slow Down

SESSION OVERVIEW

In this session, you'll learn how play, intentional dates, and slowing down create the space your marriage needs to thrive. These practices help you reconnect, recharge, and remember what matters most.

WHAT YOU'LL DISCOVER



Why laughter and play bring life and light to your marriage.



How intentional dates keep you connected and growing closer.



The power of slowing down to be present with each other.



Practical ways to build fun, connection, and margin into your everyday life.

KEY TAKEAWAYS



LAUGH DAILY

Laughter lowers stress, builds intimacy, and reminds you not to take life too seriously.



DATE ON PURPOSE

Intentional time together fuels your bond and helps you stay emotionally close.



SLOW DOWN TO SPEED UP

Creating margin in your life helps you focus on what truly matters—each other.



BE PRESENT

Put away distractions and give your full attention when you're together.



MAKE IT A PRIORITY

Play, dates, and rest won't happen by accident. You have to protect what matters most.

“What you do in the first few years of your marriage, if you make wise decisions, will open the doorway to a successful marriage.”

— GARY CHAPMAN, PhD,
author of *The 5 Love Languages*



3 WAYS TO BRING MORE JOY, DATES & SLOW DOWN INTO YOUR MARRIAGE



1. MAKE TIME TO PLAY

Be silly. Have fun. Do things together just for the joy of it. Play builds friendship and keeps your connection light and strong.



2. PLAN DATES YOU BOTH LOVE

Prioritize regular time together—weekly, biweekly, or monthly. Keep it simple but meaningful. Connection grows when you invest in it.



3. SLOW DOWN TO BE TOGETHER

Create margin in your schedule. Unplug. Take a walk. Enjoy quiet conversations. Presence is one of the greatest gifts you can give.



YOUR NEXT STEPS

- ✓ Schedule a date this week.
- ✓ Do something playful together—just for fun.
- ✓ Build margin by saying “no” to something good so you can say “yes” to each other.
- ✓ Be present and put distractions away when you're together.



Joy, intentional time, and margin today lead to a stronger, more connected marriage tomorrow.



THE GOAL: ADULT-TO-ADULT RELATIONSHIP & ENJOYING DEEPER CONNECTION
A marriage built on friendship, respect, shared purpose, and a love that keeps growing.



“The best time to build a strong marriage is before you need one.”

