

CARE PACKET



February 13, 2022

Dear Jacob's Well Family,

Tomorrow, the 14th of February, marks the day known as Valentine's Day. While history traces the beginning of Valentine's Day to the day that a priest named Father Valentinus was martyred for his faith, today companies focus on the 14th as a day to give cards, flowers, and chocolates as an expression of love. While there is little connection between the church calendar and Valentine's Day, "love" should be a large part of our DNA as Christians. In Mark 12:31-32, Jesus said:

Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is love your neighbor as yourself. There is no other commandment greater than these.

Our love for God and our neighbor can be evidenced through time together. To provide you with ideas for possible activities with others, our gift to you at this time of year is to offer this folder with several possibilities. More than a material gift, time together with others is a gift of love that can provide lasting memories.

All these ideas and activities have been put together by the Jacob's Well Care Team. Made up of Aly Fenske, Tauna Stibor, and Steve Hay, the Care Team is available to journey with individuals, couples, and families through the uncertainty and stress of life. We offer the opportunity to talk together in a safe and confidential manner, connect you to resources available through the church and in the community, and join with you in prayer to support you along way. If there is a need that we can help with, connect with us on a Sunday morning through the New Here Room in the Worship Center. You can also call the church office at 715-833-2050 and ask to speak to either Tauna or Steve or write to us at care@jacobswellchurch.church.

-The Jacob's Well Care Team



Conversation Acromistry FOR COUPLES

Whether you've been hitched six weeks or sixty years, maybe you need ideas for deeper fun and discovery with your spouse. Wanting a mix of silly, serious, and sexy conversation starters for your Valentine's date night? These conversation hearts are just for you!

Pick which you'd rather receive: a long love letter with lots of details or a long voicemail from yours truly.

What small thing could I do to make our home more peaceful?

increase your faith through our marriage?

Who do you think is my celebrity lookalike?



If you could eat only one cuisine for the rest of your life, which would you choose?

What favorite birthday memory do you have since we've been together?

Do you like it better when I massage your back or your feet? Which would you prefer right now?

How can J care for your needs more than I have been?

What's the **best food** I've ever made for you?

What's the best compliment you've ever received? When do you remember first wanting to *kiss me?* How do you dream God will use our marriage? What's your favorite face
I make at you? When is your favorite time of day to make love? What movie or book character do you think I'm most like?



25 Valentine's Day Ideas for Couples

Do you ever feel like you have no time left for romance?

When are you supposed to enjoy sexy activities with your spouse—like surprising him with a lunch rendezvous, bubble baths, and rose petal trails to the bedroom? Even if you've never experienced these situations together, you've always wondered if you should have.

You're busy with your kids, with the demands of your job. It feels like romance pretty much goes by the wayside.

And yet ... perhaps we're defining romantic and sexy encounters all wrong. Maybe cooking dinner together naked in a candle-lit kitchen isn't on the menu this week, but it's likely you still have a lot of regular romance going on in your home.

When you get stuck thinking romance is all roses and bubble baths, it starts feeling like something you'll never achieve. You start believing it's not even worth the effort. But when you remember that romance really is simply doing something special or unexpected for someone you love, even though you don't have to, then we can make every day sexy.

Unexpected Romance

Like last week, when you wrestled your rambunctious, happy child to bed and then set out your work clothes for tomorrow's business meeting. Somehow, only a few hours later, out of nowhere, your child cried for you from a puddle of midnight vomit. While you sat in the dark pressing tired lips against a hot forehead, jamming the thermometer under her armpit, your husband quietly changed the soiled sheets. He brought several tattered beach towels to sop up the floor. He set two cups of water beside you, one for the patient, one for the caregiver.

What a romantic! You gave a quiet nod and tired smile to thank him.

Or what about when your husband recently worked a grueling overnight shift, arriving home way past schedule around lunchtime. You didn't mutter a word about his long hours as he greeted you in the kitchen. But instead of only making one turkey sandwich, you pulled out two

more slices of wheat bread. You spread mustard and mayonnaise together on his because you know that's how he likes it. And you carried an extra paper plate of lunch with you to offer him at the table. How romantic!

Sometimes those intentional acts, those times when you just look for ways to help each other and bless each other, are far more romantic and sexy than you realize.

Here are 25 Valentine's Day Ideas to spark everyday romance in your home:

- 1. Set her coffee cup next to the coffee maker in the morning before she is out of bed.
- 2. Send texts to let each other know you're headed home from work.
- 3. Kiss each other goodbye every morning.
- 4. Buy the snacks he likes when you grocery shop.
- 5. Remember her coworkers' names.
- 6. Give her a night off from helping the kids with homework. You huddle around the table for the spelling words and multiplication facts instead.
- 7. Tell him how much the kids enjoy being with him.
- 8. On a day off work, instead of sticking to your typical exercise routine, arrange it so you can work out together.
- 9. Watch the game with him. Try cheering for his team.
- 10. Ask him about his day.
- 11. Put your arm around her in church. Don't let the kids sit between you.
- 12. Pray together. Pray out loud for each other.
- 13. Recall past memories together.
- 14. Cook his favorite dinner. Tell him you made it because you know he likes it.
- 15. Recognize your spouse for paying all the bills on time every single month.
- 16. When you come home from work, embrace each other. Squeeze tightly for longer than just a guick second.
- 17. Be the one who offers to turn out the lights tonight.
- 18. Text her that you're thinking of her.
- 19. Reach over and hold his hand.
- 20. Compliment her for your favorite physical feature. Then also compliment her heart.
- 21. Help her clean the house.
- 22. Thank him for rolling the garbage can to the curb.
- 23. Split your dessert with her.
- 24. Talk to your in-laws instead of looking at your phone, during the next family gathering.
- 25. Let your spouse help you with something.

Romance doesn't have to be hard or even well planned. All it takes is a thoughtful, intentional moment as you go about your regular day. Those daily displays of love really are the sexiest after all.

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EVERYDAY Romance

FamilyLife wants to help you create everyday romance with your significant other. It doesn't have to be hard or even well-planned. All romance takes is a thoughtful, intentional moment as you go about your regular day.





HERE'S YOUR EVERYDAY ROMANCE COLLECTION

In this PDF, you'll find:

- 20 Conversation Starters to spark meaningful daily communication,
- · 25 Love Coupons your spouse can cash in throughout the year,
- Love Letter writing prompts and stationery, and a
- · Checklist with easy ways to bring everyday romance into your home.

You're taking an important step to realize every moment you have together can be thoughtful and intentional, which is quite romantic after all. Enjoy each other!

#ROMANCEYOURSPOUSE

How do you #RomanceYourSpouse? Follow our <u>Facebook page</u> and <u>Instagram stories</u> for inspiration on how you can add a little romance to your every day!







Cut these out into strips and place in a jar. Before bed each night, draw one slip of paper. Take turns answering each question with your spouse to keep regular conversation going in your relationship.

What is one way I can help you tomorrow?
What did you like that I did today?
Where did you notice God at work today?
What was the hardest moment of your day?
What was the easiest moment of your day?
Recount a recent good memory of us.
Who showed kindness to you today?
What frustrated you today?
What is the best song you listened to today?
What made you laugh today?



Cut these out into strips and place in a jar. Before bed each night, draw one slip of paper. Take turns answering each question with your spouse to keep regular conversation going in your relationship.

What did you have for lunch today?
What are you nervous about today?
If you could redo any part of today, what would it be? Why?
Did you meet anyone new today?
When did you feel bored today?
What is something exciting you did today?
What is something you did today that you never want to do again?
What is something you did today that you can't wait to do again?
What made you feel important today?
Show and then tell me about a picture you took today.

25 LOVE COUPONS FOR EVERYDAY ROMANCE



Good for... A 20-MINUTE FOOT AND LEG MASSAGE.



Good for... A RELAXING, CANDLELIT BUBBLE BATH TOGETHER.

#ROMANCEYOUR**SPOUSE**

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Good for... A ROMANTIC STROLL AFTER DINNER.









Good for... A CUP OF COFFEE OR BREAKFAST IN BED.



Good for...ONE HOUR OF UNINTERRUPTED FREE TIME.



Good for... DINNER AT YOUR FAVORITE RESTAURANT.



Good for...YOUR FAVORITE HOME-COOKED MEAL.



Good for... ONE HOUSEHOLD CHORE OR REPAIR OF YOUR CHOICE.





Good for... A DAY OF LAUNDRY SERVICE (I'LL DO THE LAUNDRY).



EVERYDAY Romance

Good for... HELP TODAY WITH ANYTHING
YOU WANT OR NEED.

#ROMANCEYOUR**SPOUSE**

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Good for... A ROMANTIC NIGHT OR WEEKEND GETAWAY.



Good for... A VIDEO GAME DATE (WINNER GETS ONE WISH).

EVERYDAY Romance

Good for... ONE SPORTS NIGHT WITH GAME DAY SNACKS PROVIDED (I WATCH AND CHEER ON YOUR FAVORITE TEAM WITH YOU).





YOU CAN WRITE A LOVE LETTER



Looking to give a meaningful gift that doesn't cost a thing? Write your spouse a love letter.

Written words of affection could outlive any other gift you're considering. And we're making it easy by giving away a portion of our Love Letter Writing template and stationery, typically reserved for our Weekend To Remember Marriage Getaway Guests.

Print out the Love Letter stationery and follow the prompts to put your love into words. Write out the answers to the following questions in the form of a love letter. You might want to jot notes here first before transcribing it to the stationery.

- 1. What qualities attracted me to you when we first met?
- 2. What qualities do I appreciate or have I learned to appreciate most about you since we have been married?
- 3. How have our differences helped me grow spiritually, intellectually, and emotionally?
- 4. What steps will I commit to take to love you more?

It's simple—just write from the heart. Be yourself and say what you feel.

#ROMANCEYOURSPOUSE

How do you #RomanceYourSpouse? Follow our <u>Facebook page</u> and <u>Instagram stories</u> for inspiration on how you can add a little romance to your every day!



i love you.

CHECKLIST FOR **EVERYDAY ROMANCE**

"Good Morning." SAND GOODNIGHT.

4. Thank your spouse for doing one of their routine responsibilities.

DURING THE DAY.

5. Hug hello.

ASK YOUR SPOUSE ABOUT THEIR DAY.

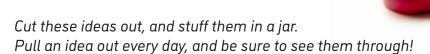
7. Offer to help your spouse with one of their routine responsibilities.

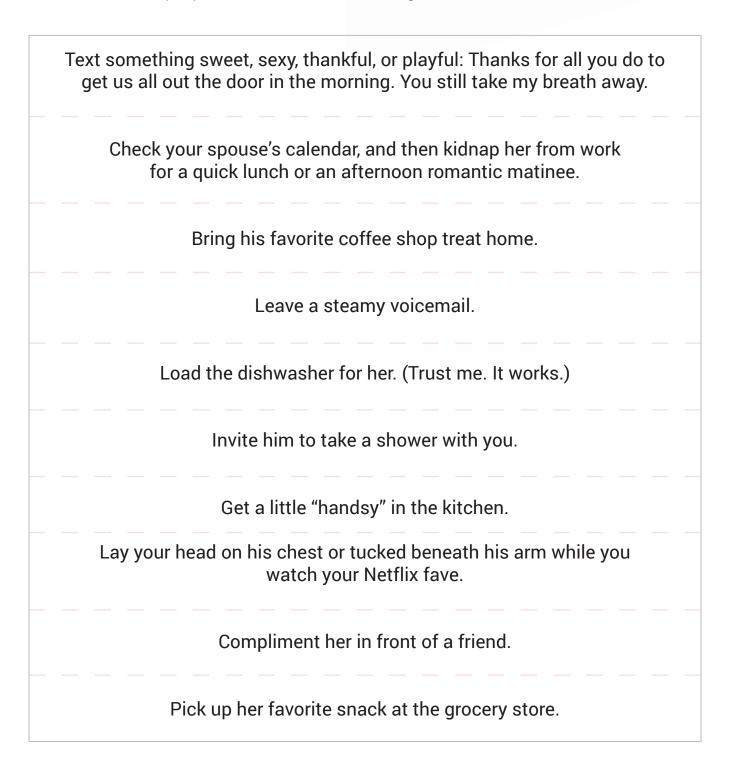
9. Have an intentional

ACCEPT SPOUSE'S HELP.

10. pray together.

52 WAYS TO FLIRT WITH YOUR SPOUSE





Grab her hand while riding in the car.

Encourage him about something he did well at work.

Wrestle.

Borrow the kids' Nerf weapons.

Encourage your kids to thank her for something she's done for them.

Write him a love note.

Make her a homemade card.

Give him a massage.

Write her a sappy (or funny) poem.

Read her a love poem. (Ideas here.)

Rub her feet.

Make him a compilation CD or playlist of songs that express your heart and relationship.

Give her a scalp massage.

Take a bath together.

Buy her flowers.

Kiss at every stoplight.

Ask to hold her hand.

Play with your kids together.

Light candles.

Wear perfume or cologne and attractive underthings.

Speak her love language.

Clean up your bedroom.

Take care of one thing that's been weighing on him.

Make up a goofy song about her on the fly.

Overlook a mistake he made.

Call to tell her something about your day.

Advocate for her.

Plan a date in.

Remember one of your favorite lovemaking memories, and whisper it in his ear.

Go on a walk.

Paint her toenails.

Thank him for something unexpected.

Listen to her. Ask good questions.

Initiate fun sex.

Tell her about a memory you love from when you were dating.

Pick up a bag of her favorite candy.

Play a little jazz while you cook together. Grab her hand and dance for a moment.

Develop a code for talking when the kids are in the room about possible lovemaking.

Come to bed naked.

Go stargazing.

Pick up a small gift that will delight and surprise.

Pray together.

#ROMANCEYOUR SPOUSE

How do you #RomanceYourSpouse? Follow our Facebook page and Instagram stories for inspiration on how you can add a little romance to your every day!









Pick a card, any card—from a fresh stack of ideas for romance.

TIP: Make sure you print these next few pages out single sided, not double sided



Aim to subtly touch your spouse five times today.

FAMILYLIFE



Thank your spouse for something.

FAMILYLIFE



Kick kids out of your bedroom at 8 p.m.

FAMILYLIFE



Clean up your bedroom. Then, light candles.

FAMILYLIFE



Get up a few minutes earlier than usual.
Brush your teeth.
Come back to bed for a kiss, or maybe more.

FAMILY LIFE



Ask, "What's one of your favorite things I do for you in bed?"

FAMILYLIFE



Try something new in the foreplay department.

FAMILYLIFE



Compliment your spouse's looks at least twice today.

FAMILYLIFE



Hold your spouse's hand.

FAMILYLIFE



Write "I'm crazy about you" in dry-erase on the bathroom mirror.

FAMILYLIFE



Keep yourself from any form of criticism for three straight days.

FAMILYLIFE



At dinner (best if it's dinner out ...), casually take out a pen and write a note to him on a paper napkin—letting your spouse know what they can look forward to at home. Fold it and slide it across the table.

FAMILYLIFE



Give a foot massage.



When you're right, refrain from anything resembling "I told you so."

FAMILYLIFE



Blindfold your spouse and "kidnap" them. Take them to a romantic evening.

FAMILYLIFE

FAMILYLIFE



Try your hand at making breakfast on Saturday morning. Tell your spouse they deserve a break and should feel free to sleep in.

FAMILYLIFE



Resurrect common courtesies: opening the car door for her, bringing him a beverage when he comes in, putting down the toilet seat, helping carry in groceries, picking up your clothes.

FAMILYLIFE



Rub your spouse's shoulders while they're at their desk or washing dishes.

FAMILYLIFE



Step in to help your spouse with a chore that's underway: unloading the dishwasher, folding laundry, straightening the garage.

FAMILYLIFE



Respond to a pet peeve: Park the car straight, or leave it clean. Put the dishes in the dishwasher rather than the sink. Stop clicking your pen. Find out ways you could try to stop snoring.

(You get the idea.)

FAMILYLIFE



Invite your spouse for a walk after work.

FAMILYLIFE



When you're walking out the door, kiss your spouse passionately. Say, "I wish I didn't have to go."

FAMILYLIFE



The morning after making love, embrace your spouse. Whisper how much you loved being together.

FAMILYLIFE



Do a small chore so your spouse won't have to: Make the bed. Fill the gas tank. Put the kids to bed.

FAMILYLIFE



Prayer is a lifestyle that Jesus calls every one of His disciples to walk out. Prayer serves as an important part of communication with God and gives us the ability to approach the throne of grace in an intimate way. Prayers for a stronger marriage are a powerful force that can help create a solid, life-long marriage bond. We've watched God work miracles in our marriage covenant over the years from the simple act of prayer.

Even if you are not in the habit of praying, that can change. We encourage those of you who do not regularly pray to start with committing to pray once a day. Some of the best times to pray are the times that you are doing something essential.

Some ideas of when to pray are:

- just before you get out of bed
- meal times
- while in the shower
- while brushing your teeth
- on your way to work
- before bed

Of course there are many, many other times of the day you can pray, but start off by doing it during the same time each day and soon it will become second nature to you. Then gradually increase it to one more times each day until you find yourself living a lifestyle of prayer.

If you and your spouse do not pray together, don't let that deter you from standing strong and continuing to pray each day. Make it a point to fight for your marriage – even if it means you stand before the Lord alone. He will honor you.

We believe that prayer can make the difference between a lasting marriage and one that struggles. Today we are sharing with you 5 prayers for a stronger marriage. We'll be focusing on prayers in the areas of: unity, intimacy, honesty, forgiveness, and health.

5 Prayers for a Stronger Marriage

A Prayer for Unity

Heavenly Father we come before you to thank you for all you have done and continue to do in our lives and marriage. We come before you today, God, asking for a stronger bond of unity in our marriage covenant.

Father we ask that you will give us the ability to be a united front for you letting nothing come between us.

Help us, Father to identify and work through anything that is not pleasing to you so we can continually reach higher levels of unity in our marriage – spiritually, physically, and mentally.

We are thankful and excited to see the work of your hand as we do our best to seek your face daily. We love you and thank you for all of these things.

In Jesus' name we pray. Amen!

Verse: Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

[Ephesians 4:3 NLT]

A Prayer for Intimacy

Heavenly Father, we ask you today, to strengthen the bonds of both physical and spiritual intimacy in our marriage. We are thankful that you have called husband and wife to intimacy with you first, and intimacy with one another.

Please show us any behavior we have been committing that has been preventing us from entering into a deeper intimate relationship with you and one another.

Once <u>trust is broken</u> it can be nearly impossible to regain on our own, however, we know that all things are possible with you God. Heal our hearts, Father, of past hurts and help us to trust in you and one another again.

We thank you right now for increased intimacy in our marriage as we seek to honor you and one another through our marriage covenant.

In Jesus' name we pray. Amen!

Verse: For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.

[Ephesians 5:31 NIV]

A Prayer for Honesty

Father God we come before you today to ask you to help us do everything with absolute honesty in our marriage. Sanctify us by your truth – your word is truth (John 17:17).

Help us to never lie to one another. Help us to come clean if we mess up or make a mistake that can affect our marriage – no matter how bad we may feel or embarrassed we may be. Give us the ability to be completely transparent with one another regardless of how we feel.

We thank you for the discernment to know your truth and the conviction to call on the name of Jesus. If there is anything that we have been untruthful about in the past, please help us to share it with one another and give us the wisdom to work through it.

We thank you for helping us to be honest as we choose to submit to your spirit.

In Jesus' name we pray. Amen.

Verse: Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator. [Colossians 3:9-10 NIV]

A Prayer for Forgiveness

Heavenly Father, as we strive to continuously build a stronger marriage, help us to forgive one another for things that may hurt or offend us. Help us to walk in forgiveness and never lose sight of the fact that you have forgiven us.

Help us to show your mercy and grace to our spouse each time they need it and not bring up past hurts or failures. Let us be an example of forgiveness to not only our spouse but to those around us so we can continue to show your love to all we meet. Help us to also forgive ourselves if we struggle with condemnation.

Thank you for your life-giving words of truth that we may be redeemed by the blood of the Lamb.

In Jesus' name we pray. Amen!

Verse: If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

[1 John 1:9 NIV]

A Prayer for Health

Father God we thank you for divine health in our physical bodies, spiritual life, and marriage. We pray that you will make known to us anything that we are doing that does not directly correlate with healthy living; body, spirit, soul.

Give us the strength to honor you through our bodies as they are the temple of the Lord. Give us the wisdom to continuously build a healthy spiritual life and marriage with you at the center.

Help us to always remember the sacrifice you made that gave us the promise of healing and peace. You are worthy to be praised!

In Jesus' name we pray. Amen!

Verse: But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed. [Isaiah 53:4 KJV]

https://christianmarriageadventure.com/5-prayers-stronger-marriage/