



Love Gives Affection

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REMEMBERING GOOD TIMES

Early Romance

Remember some of the most romantic moments that you've shared with your partner. Take turns choosing one of those memories and describe it in detail to your partner. Use the questions below to help communicate the whole story:

- Where did this memory take place?
- What words were said?
- What sparked the romance?
- What made it special?
- Celebrate your experiences of genuine love and romance.

Looking Deeper

Now that you've spent more time (maybe even years) together, it's still important to be intentional about knowing your partner deeply. Think again about the romantic moments you mentioned above.

Share those memories with your partner, using these sentence starters:

- I felt loved in those moments with you because...
- That time was so perfect for me because...
- I knew that I loved you because...



A WELL BALANCED DISH

Expressing Affection

Giving the gift of **affection** means expressing your care through physical touch and verbalized love.

Couples often think **affection** only means sex. While sex is certainly one fantastic expression of physical touch, couples can often benefit from more expressions of non-sexual touching!

Try this. Do a little brainstorming. Think of six ways you might express your love for your partner...that don't involve sex.

Are you ready for the challenge?

Just to make sure you know we haven't forgotten the importance of physical intimacy, each of your responses could begin with the letters:

H-O-T-S-E-X

H – Hold hands and go for a walk

O – _____

T – Take initiative to give a back massage

S – Sit closely together on the sofa

E – _____

X – Relax together before your morning routine

Come up with six of your own non-sexual ways of expressing love to each other and note them below:

- _____
- _____
- _____
- _____
- _____
- _____



After you've brainstormed your own ideas for non-sexual touching and have a list to choose from, talk about your top three preferences with your partner.

Take turns sharing some of these sentences with each other:

I would love it if we spent time...

It would mean a lot to me if we could...

I would enjoy it if we could...

Entrée 2: Affection Connection

Affection also means putting your feelings into words.

Talk with your partner about the words that have made an **affection** connection in your relationship. Maybe it was the first time that your partner said the words, "I love you."

You might remember a special card or tender expression of emotion. Take turns sharing these responses with each other:

- *I really sensed your genuine love for me when you said...*
- *I feel certain of your love for me when you say things like...*

AFFECTION IS A PRIORITY

The Perfect Ending

Relationships are strengthened when we prioritize expressing care and **affection**. A couple's closeness deepens when they make a special effort to know one another's preferences for **affection** and then take initiative to give.

Intimacy is intentional! So be intentional about:

- **Dating your partner.**
Take turns describing your perfect date. Listen carefully for how you might give to each other and make the perfect date come true.

My perfect date would include...

- **Prioritizing the sexual needs of your partner.**
Take turns expressing your desires for physical intimacy with one another. Relationships are strengthened when couples are vulnerable with their sexual preferences.

I would love to keep the heat in our relationship by...

- **Verbalizing love.**
*Now that I know a little bit more about your preferences and your need for **affection**, I'm looking forward to planning a date for us that includes _____, because I love you and want to show you my love in ways that are meaningful to you.*

