

Dream Home Blueprint

Tool #1: Looking Back

*The concept of “memory” in Scripture means to “make present”, rather than to fondly look back on something. As a married couple, memories of times we were most in love can make those moments present to us again, and help us to cope with difficult times. It’s important to note that not all romantic memories are candlelight and roses. They are times when we are most aware of the goodness of the other’s masculinity or femininity. Use the list below to remind you of your own love history. Jot down as many memories as come to mind, share them with your spouse and then pull this sheet out when you need to “make present” these moments again.**

Times I felt:

Secure or at ease with you.

So impressed with how you looked.

So proud of you.

So proud to be seen with you.

All fluttery in my stomach thinking about you.

Excited, like we could conquer the world together.

Husbands: You were beautiful when you didn’t think you were.

Wives: You were strong when you didn’t think you were.

Specific instances:

Our first date.

A time we laughed out loud together.

An act of kindness you did for me that made me feel special.

The moment I realized you were the person I wanted to marry.

A moment that stands out from our wedding day.

Something crazy we did as newlyweds.



** The concept behind this worksheet comes from the **Living in Love** retreat . For more information or to attend a weekend, see www.livinginlove.org*

www.joyfulmarriageproject.com