“We don’t long to be business partners or roommates. We long to be tied to each other’s hearts.”
—Erin Smalley

“I feel completely disconnected and alone,” Erin said. “I love you and I’m committed to our marriage, but I feel like we’re nothing more than married roommates.” Ouch.

Not exactly the conversation you’d expect between two marriage experts. Dr. Greg and Erin Smalley had (at the time) written five books on how to have a thriving marriage, taught marriage seminars around the world and counseled couples on the brink of divorce. Yet here they were discussing how their relationship had faded into the friend zone.

Their marriage story isn’t unique.

Most people start off their marriage madly in love. Everything about their spouse seems wonderful. Personality quirks seem adorable. Time together is at the top of the to-do list. They talk—at a deep emotional level. They listen. Sex is passionate. Conflicts are resolved quickly.

SOULMATE SCRIPTURE

“Marriage should be honored by all.”

Hebrews 13:4, NIV
“A soulmate is a spouse with whom you regularly experience the deepest levels of connection and intimacy.”

Dr. Greg and Erin Smalley

But often, after a while, something goes wrong—subtly, almost imperceptibly wrong. For couples who feel like married roommates, it’s a slow fade. Left unnoticed, soulmates slowly morph into roommates. And one day they wake up and realize that they’re in love with a stranger. Two people—sharing the same house ... the same bed. But missing out on what matters most—intimacy.

God created us to be relational beings. Feeling isolated and alone goes against our hearts’ desire. Maybe you haven’t reached a crisis point in your marriage, but you sense the disconnection, tension and loneliness that come from living with roommate-like behaviors. Wherever you find yourself today, you can rediscover your soulmate and revive your marriage!

Erin’s stunning admission—“I love you ... but I feel like we’re nothing more than married roommates”—started the Smalleys on a journey to reconnect. Now, they’re sharing their experience to help you and your spouse move from roommates to soulmates.

CHOOSE TO PRIORITIZE EACH OTHER

RECONNECTEDMARRIAGE.COM
11 CHARACTERISTICS OF MARRIED ROOMMATES

From time to time, all married couples feel disconnected. The problem is that if left unchecked, disconnection becomes the norm. Do these behaviors show up in your marriage? Rate each on a scale of 1 to 5 (5 = needs immediate attention).

**EXHAUSTED**
You’re too tired, sleep-deprived or burned out to connect.

**BUSY SCHEDULE**
Hectic schedules and demanding responsibilities leave little room for a couple to connect.

**YOU HAVE A BUSINESS-LIKE RELATIONSHIP**
Most communication is around “administrating” your marriage —talking about to-do lists, schedules, kids, friends, etc.

**GENTLE NEGLECT**
You constantly take a back seat to phone calls, social media, jobs, kids, housework or hobbies.

**SPIRITUALLY DISCONNECTED**
You don’t connect at a deep spiritual level. You rarely pray together and seldom talk about spiritual matters. You don’t share Christian friends or feel “equally yolked.”

**COMPLACENCY**
The romantic spark has faded and the marriage feels predictable.

**CONFLICT AVOIDANT**
You avoid difficult conversations or sweep negative issues under the rug.

**SEXLESSNESS**
Sex has become routine, dutiful, infrequent or even nonexistent.

**DISENGAGED**
Your marriage feels like two individuals headed in separate directions.

**FEELING UNSAFE**
Your marriage is not a safe haven where you feel unconditionally loved and accepted.

**VISIONLESS**
You don’t share a clear dream for the life you’re building together.
Since this is the first Reconnected study, introduce yourselves and share three things about your marriage:

- How long you’ve been married.
- How you met your spouse.
- City and state where you married.

Center your community around God’s Word and a commitment to helping couples in your group grow strong marriages. Use these questions to start a conversation around this session.

1. Share a boundary you and your spouse have set. Explain why you took this approach.

2. Look at the 11 Characteristics of Married Roommates. Have you and your spouse ever dealt with one of these issues? What did you learn that might be helpful to others in your group?
“Love is cultivated during the grind of everyday life. It’s the seemingly meaningless little moments of connection that are the most meaningful of all.”
—Zach Brittle

In Song of Solomon 2:15, King Solomon urged his fiance to guard their “vineyard of love” by catching the “little foxes” that would ruin it. From infidelity to abuse, there are plenty of large predators that could destroy your “vineyard of love.”

As a good spouse, you put boundaries in place to guard against these. But neglecting “the little foxes”—seemingly insignificant things—can cause major disconnection in your relationship.

One common little fox is busyness. From work to managing children to keeping up a household, it’s easy to ignore your spouse when they’re seeking your attention. However, connection and deep intimacy—knowing and being known—is the lifeblood of marriage. Healthy marriage relationships require daily connection.

This may seem overwhelming; however, in everyday moments, you’re already seeking ways to connect to your spouse. World-renowned marriage

SOULMATE SCRIPTURE

“Catch all the foxes, those little foxes, before they ruin the vineyard of love, for the grapevines are blossoming!”

Song of Solomon 2:15, NLT
“We long for connection and intimacy. To know and be known by one another at the deepest level.”

Dr. Greg and Erin Smalley

expert Dr. John Gottman calls these “bids for connection.” A bid is any positive action that you do to get your spouse’s attention, affirmation, affection or support. For example, pointing out a house that you like as you’re driving by or reaching out to hold your spouse’s hand.

There are three ways to respond to a bid for connection. You can turn away—ignoring or avoiding the comment or action. You can turn against—reacting in an argumentative or critical way. Or you can turn toward: reacting positively and showing interest in their comment or action.

Gottman’s research shows that couples who stay married long-term turn toward each other regularly. Love is cultivated during the micro-moments—the grind of everyday life. Learning how to take advantage of bids for connection by turning toward your spouse is worth the small amount of effort that is required to respond in a positive way.
Now that you and your spouse have talked through your answers to the 11 Characteristics survey, it’s time to identify the “little foxes” that are stealing your time and attention.

Name the “little foxes” by writing down the top three struggles you and your spouse agreed to tackle. ________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________

With God’s help, we will fight the little fox named: ________________
We will fight it by doing this one thing: __________________________
We will seek to reconnect by doing: ______________________________
Now that you know the people in your group, it’s time to start building on these new relationships. One way to grow together is to find ways to support one another’s marriages. Based on today’s study and discussion, what are some practical ways you can show support? Here are some ideas to start the discussion:

• If a couple needs time to work on their marriage, someone from your group could offer to babysit their children so the couple can spend time together.

• If a couple struggles to connect spiritually, you and your spouse could meet with them for prayer once a week.

• All couples fight complacency sometimes. You or someone in your group could come up with simple date night ideas that couples in your group might enjoy.

“A wise man once told me that nobody breaks up over adultery, but over the way you talk at dinner ... the small daily incivilities, the apologies unspoken, the kisses that go unkissed, the meals that pass in silence, the money that is wasted—these lay the groundwork for the big things to erupt.”

- Nell Frizzell -
Good communication is tricky or it wouldn’t be a top reason why so many couples divorce.

Communication is tricky. A big part of the difficulty is that a single word is used to describe numerous important conversations that couples should be having. Telling couples that they need to communicate better or talk more doesn’t really help. It’s not about quantity or quality; it’s about understanding several types of important conversations a couple can have, their benefits and how to maximize their effectiveness.

Married couples usually use four kinds of conversations:

**Small talk**

Small talk involves sharing basic facts about yourself or life in general. Think of it as “chitchat” or “shooting the breeze” with your spouse when you talk about trivial things. Discussing basic

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**SOULMATE SCRIPTURE**

“Death and life are in the power of the tongue.”

*Proverbs 18:21, ESV*
“Roommates administrate their marriage; soulmates pursue life-giving conversations.”

Dr. Greg and Erin Smalley

information and details of your day establishes a simple connection without requiring deep emotional vulnerability.

It isn’t possible to exist in a constant state of deep emotional intimacy and vulnerability within your marriage. It would be exhausting!

**Work talk**

Work talk involves managing your day-to-day life as a couple or family. Consider the sheer volume of tasks and decisions that must be made each day to keep your family functioning: daily routines and schedules, to-do lists, activities, financial decisions, medical choices—it never ends! “Business conversations” are necessary.

The key is to talk about all of these responsibilities together—as a unified team. Work talk is a way to manage the details of your life.

**Problem talk**

Problem talk focuses on the challenges that surface in your marriage. Problem talk is a way to confront a challenge or crisis and then find a solution to the issue.

A word of warning: When we (Greg and Erin) do in-person marriage events, we often ask couples how much time they spend on small talk, work talk and problem talk. Time and again, couples tell us these three conversations make up 75 to 80 percent of their communications.

While this may be the case for many couples, it’s important to note that if the majority of your communication consists of trivial conversations, business meetings or problem-solving conversations, the relationship becomes boring and stale.

**CHOOSE TO SPEAK LIFE**
So, how do you and your spouse keep your conversations fresh?

**Life-giving talk**

Your marriage must include life-giving communication—but this type of conversation requires initiative. The other three conversations happen naturally. Life-giving talk takes effort.

The average couple spends fewer than four minutes a day in meaningful conversation. As mentioned earlier, couples spend most of their time chitchatting, solving problems or administrating their marriage. But a marriage cannot survive on shallow conversation. It needs more. It needs life-giving talk.

Life-giving talk gives you the opportunity to explore your spouse’s inner world and allows your spouse to experience your inner world.

**The 10-minute rule**

What does life-giving talk sound like? Relationship expert Dr. Terri Orbuch calls it the “10-minute rule.”

Dr. Orbuch studied nearly 400 couples over 30 years and discovered that happy couples tend to spend around 10 minutes a day talking about meaningful things. Unlike small talk, work talk or problem talk, the goal of the 10-minute rule is to talk about your spouse’s inner life—emotions, fears, desires and hopes.

We (Greg and Erin) use the 10-minute rule every day in our own marriage. We take turns asking each other these two questions, “What was the high point of your day?” and “What was the low point of your day?”

These questions open the door to meaningful conversation that allows us to explore each other’s inner world.

**Now it’s your turn**

As a couple, make the commitment to spend at least 10 minutes a day talking about your inner lives. Take the time to deepen your understanding of your spouse’s heart.
REFLECTION & RECONNECTION
QUESTIONS FOR COUPLES

TALK ABOUT COMMUNICATIONS

WHAT DO YOU AND YOUR SPOUSE TALK ABOUT?

How much time do you and your spouse spend in each type of conversation? (Rate on a scale of 1 to 100%)

- Small talk: ________
- Work talk: __________
- Problem talk: ________
- Life-giving talk: ________

For each kind of talk, discuss examples you’ve experienced in your marriage. Share how each type of talk is valuable in marriage.

What questions would you like your spouse to ask you on a regular basis to help them better understand your inner life?

Can you and your spouse dedicate 10 minutes each day to life-giving talk? When and where can this best happen?
Proverbs 18:21 (ESV) says, “Death and life are in the power of the tongue.” Our words can make or break our marriage relationship. Based on today’s study, how can couples in your group encourage one another to speak life into their relationships?

1. How much of your communication revolves around small talk, work talk, problem talk and life-giving talk?

2. What are some questions you would like your spouse to ask you on a regular basis so they can better understand your inner life? Brainstorm questions as a group.

3. Couples should spend at least 10 minutes a day in life-giving conversation. How can you encourage couples in your group to spend time together each day?

“The art of marriage is really the art of keeping up to date with your partner, of staying on track with your own and each other’s life goals as they emerge, exist and change. It is about supporting each other and staying connected emotionally, intellectually, physically, and spiritually.”

- Marcia Berger -
Every relationship has its peaks and valleys. But we don’t have to allow our marriage to become boring or routine.

So, what’s the solution? Genesis 2:24 (ESV) says, “Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.”

In the original Hebrew, the words “hold fast” (or in some translations, “cleave”) means “closely pursued.”

The idea of “closely pursuing” someone means to follow intensely. Within a marriage, the idea of close pursuit means to “persistently chase.”

SOULMATE SCRIPTURE

“A man shall leave his father and his mother and hold fast to his wife.”

Genesis 2:24, ESV
“Roommates are stuck in predictable routines; soulmates closely pursue each other in exciting ways.”

Dr. Greg and Erin Smalley

Close pursuit includes sex
Sex is an amazing gift that God gave to a husband and wife so they could experience the deepest and most profound connection possible.

However, many couples have become distracted and are slipping into a low- or no-sex marriage.

What is a sexless marriage?
The sexless marriage is one in which couples have intercourse fewer than 10 times a year. (This does not apply to couples with medical or physical issues.)

What causes a sexless marriage?
Sexlessness can be caused by a variety of issues. Common ones include:

- Stress.
- Exhaustion.
- Overwork.
- Physical changes (age, life stage).
- Children.
- Kids’ activities.
- Streaming/online entertainment.

Is there hope for a sexless marriage?
God designed our bodies to enjoy sex. Sex in marriage is meant to be fun.

The same God who designed sex can help you and your spouse reengage in a healthy sex life. There is always hope.

No magic numbers
Maybe you’re wondering what a “normal” sex life is like. How often should you and your spouse have sex? There’s no “magic number.” The average couple has sex about once a week or five times a month.

Rather than wondering about other couples’ sex lives, it’s better to ask your spouse, “What would we like ‘normal’ to be?”
If you and your husband or wife struggle with sexlessness, we recommend talking to a Christian counselor who can listen objectively and help you reclaim God’s gift to your marriage.

**Back to the chase**

Part of the pursuing your spouse includes sex. But pursuing your spouse starts with two key aspects:

**Observe your spouse**

Instead of assuming you know what’s important to your spouse, carefully observe him or her. To observe your spouse means to stay current and updated in their inner life—their likes, dislikes, dreams, hopes and fears. Fall in love with your spouse for who they are today, rather than who they were when you married them. Get to know your spouse by paying attention and being inquisitive. Ask questions. Stay curious. Rediscover.

**Woo your spouse**

Wooing a spouse means doing things that attract them and cause them to turn toward you. Make a wholehearted effort to grab your spouse’s attention. Recreate the wow factor that first brought you together.

It’s easy to fall into familiar routines or become distracted by hobbies and activities. But it’s important to constantly pursue—persistently chase—your spouse. It might be helpful to think of it this way: Wooing is like trying to get a second date!
TALK ABOUT CLOSE PURSUIT

HOW DO YOU PURSUE YOUR SPOUSE?

1. What were some of the unique ways you pursued your spouse when you were first dating?

2. Describe the moment you knew that you wanted to marry your spouse.

3. Think back to the early years of your marriage. Describe what you remember about the honeymoon phase. What was different back then? What are some things that you miss about the early years of your marriage?

4. Which of these warning signs is true in your marriage? Explain why you picked the particular sign(s).

   a. The romance has disappeared.
   b. The marriage feels boring.
   c. Passion has slowly faded into silent routines.
   d. He’s not as romantic as when we were dating.
   e. She hasn’t tried to be sexy in a long time.
Psalm 23:6 says, “Your beauty and love chase after me every day of my life.” (The Message, a paraphrase) God “persistently chases” us. Talk about His relentless love.

1. Why does God pursue us?

2. How does His relentless pursuit affect your relationship with Him?

3. What does His persistent chase say about marriage?

Speaking of marriage, it’s time to have some fun. Go around the group and ask spouses these questions:


2. Do you know what’s on your spouse’s bucket list? What is one thing he or she wants to do in the next five years? How can you make that happen?

“Every day presents opportunities to pursue your spouse, to bless her, and to make her life easier in some way. Every day offers small pockets of time when you can connect, learn and say, ‘I care about you’ in word and action. Every day is an empty page—a little note waiting to be written.”

- Vance Fry -
Your spouse needs to feel protected and your marriage needs to feel like a refuge—the safest place on earth. A soulmate marriage is only possible when hearts are fully open to each other. But love is risky. There are no guarantees on how your spouse will handle your heart. You and your spouse are imperfect. This means that hurting each other from time to time is inevitable. Hurt people often protect themselves from further pain by closing their hearts.

Closed Hearts

A closed heart is a heart in fight or flight mode. You can tell your heart is closed when you attack your spouse or withdraw into yourself, disengaging from the situation. It’s impossible to connect with a closed heart, and to reiterate, connection is the lifeblood of marriage.

How can you create deep connection with your spouse—in spite of the risk of being hurt? The only way to create such a connection is to mimic God and His great love for us.

SOULMATE SCRIPTURE

“He is gracious and merciful, slow to anger and abounding in steadfast love.”

Joel 2:12-13, ESV
“Roommates let their love grow cold; soulmates keep their hearts open and create a safe refuge.”

Dr. Greg and Erin Smalley

Joel 2:12-13 (ESV) provides the model. “He is gracious and merciful, slow to anger and abounding in steadfast love.”

Notice how Scripture describes God’s love: gracious, merciful (compassionate), slow to anger and abounding in love. These same qualities—applied to your love for your spouse—will make your marriage feel like the safest place on earth.

Let’s unpack each of these attributes to learn how they create safety.

**Slow to anger**

A person who is “slow to anger” knows how to exercise patience—especially patience with difficult people. Patience is what allows you to deal with the irritations and frustrations of marriage—without becoming annoyed at your spouse. Patience gives your spouse freedom to be human.

Proverbs 19:11 (ESV) tells us “Good sense makes one slow to anger, and it is his glory to overlook an offense.”

“Good sense” implies knowing when to pick a battle and when to let something go. However, there may be times you struggle to find the right answer. Turn the situation over to God and ask for wisdom.

This does not mean you overlook your spouse’s behavior when he or she does something that violates God’s Word or brings harm to you or your marriage. Abuse is never acceptable. God’s design for marriage never included abuse, violence or physical pain. Even emotional abuse can bruise a person’s heart, mind and soul. If you are in an abusive relationship, seek help immediately.

**Gracious**

Grace looks past your spouse’s quirks (those little things that annoy you) and allows you to see what’s true about him or her. It’s about remembering who your spouse is ... not just how irritating they are in the moment.

Grace believes the best about your spouse.
Grace fights through the messiness of the moment and reminds you that your spouse is a son or daughter of the King. He or she is made in God’s image and is valuable. This is always true!

**Compassionate**

Showing compassion means caring about your spouse’s feelings. It communicates your spouse’s heart matters to you.

Colossians 3:12 (ESV) paints a picture of godly compassion: “Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience.”

Compassion says that whatever is going on in your spouse’s heart—disappointment, hurt, pain, fear, frustration—is important to you.

And when you show compassion (kindness, humility, meekness and patience), you open the door to connection and intimacy with your spouse.

**Abounding in love**

God’s heart overflows with steadfast love for you. Jeremiah 31:3 (ESV) speaks of his commitment: “I have loved you with an everlasting love.”

Lifelong commitment (or in God’s case, an eternal commitment) creates security. In a marriage, knowing that your spouse is committed for life allows you and your spouse to open your hearts and live freely.

But commitment is more than words. It requires action. First John 3:18 (ESV) describes committed love. “Let us not love in word or talk but in deed and in truth.”

Commitment also requires grit. In marriage, “grit” means you’ll do whatever it takes to stay married for a lifetime.

A strong marriage—an open-hearted marriage—is not for the faint of heart. It takes graciousness, compassion, long-suffering, steadfast love ... and a little bit of grit.
TALK ABOUT CLOSED HEARTS

HOW DO YOU CREATE A SAFE PLACE FOR AN OPEN HEART?

1. What helps you feel safe in your marriage?
   • Knowing our love is unbreakable?
   • Unconditional love and acceptance?
   • Feeling cared for above everyone else?
   • Feeling respected?
   • Feeling valued and cherished?

2. How do you react when you feel unsafe ... or your heart is closed?
   • Veg out in front of the TV, computer or social media page?
   • Turn to comfort foods?
   • Prioritize friends or activities over your spouse?
   • Retreat to your “man cave” or “she shed”?
   • Become quiet and distant?

3. When you feel unsafe—or your heart is closed—what can your spouse do to create safety and invite you to reopen your heart?

4. What things can you and your spouse do to keep your hearts open to each other?
Joel 2:13 (ESV) tells us that God is “gracious and merciful, slow to anger and abounding in love.” What do you think of when you read about these traits?

1. How do you define safety—specifically emotional safety in a marriage relationship?

2. What gets in the way of showing your spouse grace, mercy, patience and love? (Fatigue? Work schedules?)

3. How can couples overcome these challenges?

4. What one thing can you do this week to give your spouse a safe place—a refuge—for their heart?

5. We all struggle to show grace, mercy, patience and love. When you struggle, what can you do to remind yourself to look past the irritation and see the truth about your spouse?

“Remember, in order for closeness and deep connection to occur, hearts must be open. This is why the apostle Peter beseeches us to ‘love one another deeply, from the heart’ (1 Peter 1:22, NIV). And a heart will open only when it feels safe. Therefore create a relationship that feels like the safest place on earth.”

- Erin and Greg Smalley -
When a couple is unified, they can accomplish amazing things together.

God gives each of us desires, dreams and the skills to carry out tasks that accomplish His purposes. And then, when you meet your spouse, another set of dreams enters the picture.

When God unites a couple in marriage (as one flesh), those desires, dreams and skills are united.

The resulting “oneness” can become a superpower as a couple works together to accomplish God’s purposes and bless others.

Because God wants to use this potential—this superpower—it’s important that you and your spouse develop a shared vision. Your marriage should become something bigger than individual gratification, petty arguments and the pursuit of pleasure. Inwardly focused marriages are not fulfilling.

We (Greg and Erin) are convinced that dreaming is less about the final out-

SOULMATE SCRIPTURE

“Commit your way to the LORD; trust in Him, and He will act.”

Psalm 37:5, ESV
Roommates have no long-term plans; soulmates pursue shared dreams together."

Dr. Greg and Erin Smalley

come and much more about the journey you are on with your spouse and with the Lord. Pursuing a shared dream breeds a deep level of intimacy and connection in your relationship with God and your spouse.

The dream couple

The Bible, in Acts 18, introduces us to Priscilla and Aquila—one of the earliest known missionary couples. Priscilla and Aquila shared a powerful dream: to spread the Gospel and serve the early church. They assisted the apostle Paul, mentored a young man named Apollos and—at one point—were willing to sacrifice their lives for Christ.

It’s interesting to note that whenever the couple is mentioned in Scripture, they are always together. What’s more interesting is that in the six Bible passages where they’re mentioned, Aquila’s name is mentioned first three times while Priscilla’s name is mentioned first in three other passages. They shared a dream and equal partnership in service.

Never stop dreaming

Have you stopped dreaming together? If so, it’s time to start again. Ask God to give you and your spouse a shared vision, a passion to bless others.

Satan, the Enemy, hates seeing couples work together. But God can give you the courage to share a dream and bless others.
TALK ABOUT SHARED DREAMS

HOW DO YOU DREAM TOGETHER?

1. What might God be calling you and your spouse to do together that will bless others?

2. What are some common goals, hopes and dreams you and your spouse can pursue together?

3. What do you and your spouse want your life together to be like in five years? Ten years? Fifteen? Twenty? What accomplishments do you want to celebrate?

4. What qualities do you want others to remember about you and your spouse?

5. What values do you want to pass on to your children and grandchildren?

6. When your children look at your marriage, do they see a model worth repeating? How can you start today to build that kind of relationship?

What is God showing you and your spouse? Commit those ideas to God and then trust in His timing. He knows what is best for your marriage. He knows who will be affected by your dream. When you commit your plans to Him, He will show you the path to follow.
Now that you know how to connect with your spouse as a soulmate—not just a “married roommate”—it’s time to ask a tough question: What are you going to do about it?

Maybe you and your spouse have started taking time to ask about the highs and lows of each other’s day. Keep it up!

Maybe you’ve committed to adding time together and date nights to your schedule. Stick to it!

Or you’ve realized it’s time for some self-care. Make it a priority!

The journey to reconnection may feel daunting, and even a little bit scary, but your marriage is worth the effort. It may take time, but with persistent effort and investment, you can rekindle the love and passion in your marriage.

Ask God to help you stick to the commitments you’ve made as a couple. If you’re in a small group, ask individuals to stand with you as you make important changes.

And don’t forget, Focus on the Family is here to help. Visit FocusOnTheFamily.com/Marriage for insightful articles about marriage and information about books, products and counseling.

Your marriage is a gift from God. Your spouse is a blessing. Make time to stay connected.
As your study group completes this final session, take time to share what you’ve learned from the Reconnected experience.

1. Did you learn something new about your spouse?

2. Have you and your spouse identified any roommate behaviors (or “little foxes”) in your marriage? How are you working to change those behaviors?

3. What surprised you about the difference between roommate behaviors and soulmate behaviors?

4. How can your study group continue to support you and your spouse?

5. How can your study group pray for you and your spouse in the days and weeks ahead?

“Moving from roommates to soulmates requires time. There are some quick fixes that will make a difference, but you need to be in it for the long haul. You’ll need persistent effort and investment to proactively connect as a couple and move toward being soulmates. Wherever you find yourselves today, you can rediscover your soulmate and revive your sleeping marriage!”

- Erin and Greg Smalley -
Focus on the Family offers a wide variety of resources to help you and your spouse thrive as a couple. From broadcasts to podcasts, books to articles, we have tools for every marriage—at every stage.

In addition, Focus on the Family provides one-on-one help for couples through Hope Restored—a 3- to 5-day marriage counseling experience for couples on the brink of divorce. Of the thousands of couples who have attended a Hope Restored Marriage Intensive, nearly 80 percent reconcile and rebuild their relationships.

No matter where you are in your marriage—from the newly-engaged to the seasoned seniors—Focus on the Family provides tools to help you and your spouse enjoy the journey and celebrate a thriving relationship every step of the way.

FocusOnTheFamily.com/Marriage

9 Lies That Will Destroy Your Marriage: And the Truths That Will Save It and Set It Free

Marriage experts Greg Smalley and Robert Paul identify the lies that harm marriages, explain how they work to destroy marriages, and reveal the truths that can improve marriages ... or rescue those that are floundering. This book includes self-tests to help readers assess the extent to which their own marriage has been affected by each of the nine lies.

FIND THIS AND OTHER GREAT RESOURCES AT FocusOnTheFamily.com/Store
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The Reconnected Digital Experience includes:

◊ Seven teaching videos.
◊ Reconnected Experience Study Guide.
◊ Access to online study group.

Available separately:

◊ Reconnected book.

Available online at
ReconnectedMarriage.com

MOVING FROM ROOMMATES TO SOULMATES IN YOUR MARRIAGE