



The Art of Spousing

Four Choices to a Masterpiece Marriage

Pastor Don and Joy Bray, a couple who have been married for 58 years share their story including the choices they have made to grow and find a lifelong commitment in each other.

1. Choosing Growth:

Don and Joy talk about the importance of choosing to grow individually and as a couple. How do you and your partner prioritize personal growth within your relationship? What are some specific areas you'd like to focus on for growth together?

2. Choosing Grace

How do you handle conflicts or challenges in your relationship? How can you incorporate grace and understanding into your interactions with each other?

3. Choosing Joy

How do you and your partner bring joy into your relationship? What are some ways you can infuse more laughter and lightheartedness into your daily interactions?

4. Choosing Wonder

How do you and your partner cultivate a sense of wonder and appreciation for each other? Take 20 minutes to write a letter to each other on the qualities that first attracted you to your spouse. Share how those qualities were initially attractive and how they have grown (with new qualities added in your time as a couple). How can you find wonder and appreciation in everyday moments together?

Practical Application

Don and Joy mention several practices they've incorporated into their marriage, such as praying together and showing mutual respect. What are some practical tools or habits you and your partner can implement to strengthen your relationship? How can you prioritize these practices in your daily lives?

Reflect on your own journey as a couple. What are some key choices or values that have contributed to the strength and longevity of your relationship? How can you continue to nurture and grow your relationship in the future?

Generosity and Hospitality

How do you and your partner practice generosity in your relationship and in your community? What are some ways you can extend hospitality and kindness to those around you?

Prayer and Spiritual Connection

How do spirituality/shared beliefs play a role in your relationship? How can you deepen your spiritual connection with each other?

Celebrating Differences

Reflect on the unique strengths and qualities that you and your partner bring to the relationship. How can you embrace and celebrate your differences as a source of strength?

Gratitude and Joy

Take time to express appreciation for each other and reflect on the blessings in your relationship. How can you cultivate a spirit of gratitude and joy in your marriage?