

# ***Renewing Romance Exercises***

## ***1***

### ***Romance***

*Roses, cards, love's true art  
A quiet, living-room dance;  
Prepare the place, embrace my heart—  
Lead me to romance.*

#### **The Exercise Goal**

To add the excitement of romance to our marriage.

#### **The Biblical Idea**

The Old Testament book Song of Songs not only gives an allegory of Christ and his love for the church—his bride on earth—but also unveils a beautiful portrait of romantic love between a husband and wife.

Scattered throughout this unusual book of the Bible are word pictures of spoken expectations, secret longings, romantic desires, and sexual love. In the Song of Songs we smell the fragrance of sweet perfume and see the bride arrayed in her most feminine lingerie. We sense the warm touch of gentle hands and feel the excitement of passionate lovemaking. And if we listen

carefully, we hear the whispers of a sensitive groom preparing his bride for a romantic rendezvous and the affectionate words of a bride affirming her beloved husband. Here is romance with a capital R.

## **The Need**

With all the books available now on the differences between men and women, it's amazing the number of couples we counsel who are still clueless as to the need for romance in marriage. Most women need and love all the trappings of romance: flowers, tender words, candlelight, thoughtful gifts, special dates. These pave the road to spontaneity, warmth, and responsiveness in women.

For some men, it may be a little different. Larry admits that in the past, romance was not on his personal priority list. As he began to understand my need, however, he intentionally created that atmosphere for me. In the process, he developed a taste for romance as well.

One night Larry turned our loft into a beautiful garden, complete with plants from all over the house, soft lights and music, chilled juice, and our own romantic picnic—all without leaving the house. When I travel, Larry usually meets me at the airport with fresh roses. He holds my hand in public, opens car doors, and loves to arrange romantic getaways, because those are the things I like.

When Larry was away on an overseas mission trip, he opened his suitcase and found two weeks' worth of "I love you" cards I had prepared for him, one to open each night while we were apart.

Romance is the appetizer before the main meal. It's the loving mood you create with your spouse all day, all month, all year. Men, remember: The way

to a woman's heart is through romance.

### **The Exercise**

What spells romance to you? An overnight getaway? Friday night at the movies? Holding hands in public? Soft music and candlelight? Each of you should write answers to the following.

1. Three things I think of when I hear the word romance.
2. Three romantic things we've (you've) done in the past that I like.
3. Three romantic things I'd like us (you) to do in the future.

### **The Plan**

Spend some time together discussing and clarifying the answers you both wrote above. These answers should give you ideas for how to add romance to your marriage. Decide on three specific things you can do together to reach that goal. For each one, be sure to make decisions about details such as time and place. If your plan isn't specific, you won't be able to reach your goal. Write your final plans below.

- 1.

2.

3.