

Lesson 6 — Time: The Ultimate Currency of Emotional Connection

Time Is the Most Important Thing in Marriage

In a marriage, time is the most valuable thing a couple can give each other. You don't need perfect talking skills or big romantic gestures — you just need time together that builds real connection.

Why Time Matters

Your partner feels loved when you choose to spend time with them. Time is where all other love — like kind words, help, hugs, and quality moments — actually happens. If you're too busy or distracted, your spouse can start to feel alone even when you are together.



Build Small Routines

Use small daily and weekly routines to keep your marriage warm and close:

- **Daily coffee together** — short, focused time with no distractions.
- **A holding ritual** — a few minutes of quiet closeness with no pressure.
- **Shared meals** — eating together without phones or rushing.
- **Watching something together** — doing what matters to your spouse.
- **Reading or devotions together** — creating shared meaning and goals.

These routines aren't big events. Their power comes from happening again and again. Even short moments of attention are stronger than long, distracted time together.

Fixing Emotional Loneliness

Emotional loneliness in a marriage usually isn't caused by big fights. It comes from drifting apart, being rushed, or spending time together without really connecting. Small repeated habits prevent that by showing your partner that they matter.

Try a Time Audit

Couples can do a simple exercise: answer questions about when they feel closest or most ignored, then choose small daily and weekly routines to build connection for 30 days.

Main Idea

Time is like love currency — spending it wisely with your spouse strengthens your marriage.



If something in this lesson helped you see your marriage—or yourself—more clearly, you're welcome to message me and let me know. There's no pressure to have results or answers. I simply appreciate hearing what resonated. Peter Enns...aka marriageguy7 (on Instagram)

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