

# Lesson 9 — Romance: Re-awakening the Spark Through Intentional Delight

## Romance Keeps a Marriage Feeling Alive

One year, for Valentine's Day, I made my wife a YouTube video. One theme of the video was my love for her.

A heart in the video kept getting larger. At the end, when the heart covered the screen from top to bottom, I wrote this text on the heart: I had no idea it could get this big.



Now that's romantic!

Romance isn't just flowers, chocolate, or fancy dates. Those things are nice — but **real romance comes from small, thoughtful actions that show your partner you still care and choose them every day.** When romance fades, a relationship can start to feel like a routine. But when romance comes back, the marriage feels alive again.

## What Real Romance Looks Like

Real romance is about **small, daily signals** rather than big gestures:

- **Tell your spouse "I love you"** and compliment them often.
- **Unexpected hugs or kind words** that show affection.
- **Shared moments together**, like walks, games, or coffee with undivided attention.
- **Thoughtful surprises** that show you are thinking about them.

These simple things tell your partner **"you still matter to me."**

## Romance Helps Emotional Connection

Romance builds emotional safety. When someone feels truly loved and appreciated, they feel closer and are more open. That closeness makes conversations softer, fights less harsh, and the relationship warmer.

## A Simple Plan to Be More Romantic

Try this: choose a few romantic actions — one verbal, one experience, and one surprise — and do them soon. Then add one new romantic habit for the next 30 days. It doesn't matter how big it is — consistency is what matters most.

One thing I do at the end of every day is thank my wife for marrying me. Then I usually say a thing or two about our marriage that is really special.

### Main Idea:

Romance isn't magic — it's **intentional love shown through little things every day** that help keep emotional closeness and joy alive in the relationship.



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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