

Keep the Heart-Fires Burning

"Growing up in our culture I have discovered we know very little about true love."

How can I know if I am experiencing true love? True love involves sex, but is obviously not merely sex. Commitment is apparently a part of true love, but how does one keep a long-term commitment? (Should I even expect long-term commitment?)

Just how much of myself should I be willing to sacrifice for the sake of someone I love (and won't I run the danger of losing myself if I go too far)?

We have grown up and matured in a very confusing atmosphere with many mixed and varied signals!

We have found several principles helpful for kindling the spark in our relationship.

This in no way implies that we do not highly value our consistent and deep long-term commitment to each other, but we have come to recognize that there are things that we can do to keep the romance in our relationship!

- ___ Don't quit experiencing new things together, and don't be afraid to rediscover old ones!
- ___ Continue to explore your partners interests.
- ___ Don't let romance and sex get boring.
- ___ Don't stay angry or bitter without getting help.
- ___ Pursue enjoyable and encouraging relationships with other couples who love and enjoy each other.
- ___ Reflect and recount your successes.
- ___ Don't be afraid to openly discuss your defeats, shortcomings, and fears.
- ___ Be lifelong companions and friends, choosing not to live separate lives.

Companionship is the key to a satisfying marriage, and to live as true friends is worth the work - and the gold standard for real partner spirituality!