

## Conversations for Quarantined Couples

*(Or Love in the time of Coronavirus)*

While these conversation starters refer to marriage frequently, they can be used by couples who are not married as well.

Living on an Oasis

**Your Sacred Story**

Turning to One Another

Laughing Together

Caring for the Soul of Your Marriage

Your Marriage as a Lighthouse

### Your Sacred Story

The story of how you met and fell in love is your sacred story. But it turns out the particulars of how a couple meet are not nearly as important as how a couple remembers and tells the story of how they met. Couples who recount their meeting with warmth and humor and smiles are more likely to stay together. It is a bad omen for a relationship if asking a couple to tell their story feels like pulling teeth, and includes “throwing shade” or putting someone in a negative light.

This assessment comes from a study done by Dr. John Gottman at the University of Washington. He recorded fifty-two couples telling their sacred how-we-met story. The couples were also videoed and strapped to body monitoring devices. Because of how the couples told their story, and their physical response to relaying the story, Gottman was able to tell with 94% accuracy which couples would break up and which would still be together three years later. A couple’s story can “*be a mantle about their shoulders and a crown upon their foreheads.*” (Book of Common Prayer, The Celebration and Blessing of a Marriage.)

In Genesis’ story of creation, God says all things are good except for one. It is not for us to be alone. Your how-we-met story is sacred because it is your Genesis story that then can lead to your experience of the gospel: love taking on flesh and dwelling with you, being fully known and yet still being fully loved. It is story that should be told to your family and friends as the story has power to bless others. I hope you are blessed by knowing the stories how your parents and grandparents met.

Conversation:

What music or songs do you associate with the start and early years of your relationship? Are there songs that always remind you of a particular event, occasion you enjoyed together?

Name five details you remember about your first date.

What made you want to see each other again?

What do you remember about your first kiss?

What made you proud and excited to introduce him/her to your friends and family?

If you had been told on your date that you would end up together, what would have been your reaction?

*Keep these words that I am commanding you today in your heart. Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. Bind them as a sign on your hand, fix them as an emblem on your forehead, and write them on the doorposts of your house and on your gates. Deuteronomy 6:6-9*