

20 QUARANTINE ACTIVITIES WITH YOUR SPOUSE

Compiled by Mark & Laura Wildey

1. Read these verses together:
2 Corinthians 10:12, Proverbs 17:9, Proverbs 19:11, 1 Corinthians 13:6
2. Answer these three questions about yourself and share your answers.
Am I easy to live with?
How do I rate myself as a marriage partner?
What enrichment do I bring to our relationship?
3. Send a genuine, encouraging written note thanking them for one thing that they have done for you (or your family) that has lifted you up this past week.
4. Tell your spouse the strangest password you have used on an account or device. Was there some significance to you choosing that? If so, what was it?
5. Write down one thing that your spouse could do for you that would demonstrate their willingness to go the extra mile.
6. Discuss a memorable time when you served more effectively together than you could have done individually.
7. Act like a machine. Try to get the other person to guess what machine you are by only making the sounds of the machine in operation.
8. Share the most memorable/significant/important time you spent together and explain why it meant so much to you.
9. Read 1 Corinthians 13. Share how you've seen the other person love this way. For example: "Love is patient. A memory I have of you demonstrating this is..."
10. Take a walk together. Tell your spouse how they have made you feel valued.
11. Play Rock, Paper, Scissors. The winner of 4 out of 7 has to do the dishes, cook dinner, etc.
12. Fill in the blank. My favorite memory of spending time with you was _____. It's my favorite memory because _____.

13. Everyday for the next week, find an uncommon word and share it with the other person. The following Monday have a spelling and definition quiz. The winner gets to pick a regular house chore for the loser to complete.
14. Check out an audio book on Hoopla. Listen to a chapter at a time and talk about what was most intriguing about it and why. (Book Idea: The Return of the Prodigal by Henri Nouwen.)
15. Identify and share with your spouse the funniest moment at your wedding.
16. Discuss the scariest moment of a vacation you shared. Would you go back to that destination?
17. Play Boggle or Scrabble with each other on your phones while in the same room. The loser cooks dinner or orders it for delivery.
18. Married couples are a team. They draw support and encouragement from each other while demonstrating value, love, and respect. Take a few moments and describe why you love your spouse, why you're glad he/she is your team member, and why you are amazing together.
19. Identify and share an idea for a project that you would like to tackle together at the end of this sheltering in place.
20. For her – Tell your husband one thing he does that communicates love in a way that is meaningful to you.
For him – Tell your wife one thing she does that communicates her respect in a meaningful way to you.