

A COUPLE'S GUIDE TO  
RELAXING, REFRESHING, AND DE-STRESSING



UNCOMMON WAYS TO  
UNWIND TOGETHER

RANDY SOUTHERN

INTRODUCTION BY GARY CHAPMAN

#1 NEW YORK TIMES BESTSELLING AUTHOR OF THE 5 LOVE LANGUAGES®

## DANCE WITH ME



It takes two to tango. It also takes two to merengue, fox-trot, and waltz. If you've never learned how to do one of these dances—or if you've ever thought about doing any kind of dance routine—here's your opportunity. Set aside a block of time to learn a dance with your spouse.

4

### GOING THE EXTRA MILE

It would be a shame to pour your time and effort into mastering a dance only to have no place to showcase your moves. For that reason, you may want to coordinate this challenge with the wedding of a friend or family member. Give yourself plenty of time before the event to learn the dance and get good at it. And when the day of the wedding reception arrives, you can unleash your routine for all to see, cheer, and marvel at. (Just be careful not to upstage the bride and groom.)

## MAKING IT WORK FOR YOU

The first thing you need to do is decide on the kind of dance you want to do. Do you want something fast or slow, something formal or informal? Once you've decided what you're going to do, you can decide *how* you're going to do it. There are many different ways to learn a dance. You can enroll in a dance class for formal instruction. You can ask a friend or family member with dance experience to coach you. You can also find any number of tutorials online.

You'll also need to decide how much time you want to put into the process. There are plenty of short routines you could learn in one session. Others, however, may involve a daily or weekly investment of time.

Maintaining the proper attitude will go a long way toward ensuring success. You want to have fun along the way, of course. But you also want to keep a level of commitment and determination to get better each time you practice. You want to maintain a patient and encouraging spirit toward your spouse. Remember, your ultimate success depends on your ability to move as one.



## SPEAKING THE RIGHT LANGUAGE

This adventure will likely be right up the alley of someone whose primary love language is Physical Touch. Make sure that the dance you choose offers plenty of opportunities for cheek-to-cheek closeness. While you're practicing, make sure that you occasionally—and purposefully, though not too obviously—“flub” the portions of the dance that require the most physical contact

with your spouse, ensuring that you'll have to keep practicing them over and over and over again.



## WEAVING THE THIRD STRAND

Read together the following passages:

- ▶ 2 Samuel 6:14: “Wearing a linen ephod, David was dancing before the LORD with all his might.” The context of the verse is the return of the ark of the covenant to Jerusalem, which was one of the highlights of David’s reign.
- ▶ Ecclesiastes 3:1, 4: “There is a time for everything, and a season for every activity under the heavens: . . . a time to weep and a time to laugh, a time to mourn and a time to dance.”

Use the following questions as needed to guide your discussion of the passages. (Please note that the responses in parentheses are merely suggestions, ideas to stimulate your brainstorming and give you something to react to. They should not be viewed as the “correct” answers to the questions.)

- ▶ Why do you think King David danced? (Dancing was one way he knew to express his joy and gratitude.)
- ▶ Later in 2 Samuel 6, David’s wife criticized him for dancing, because it wasn’t a dignified thing for a king to do. Why do the opinions of others tend to inhibit us? (When other people aren’t experiencing “a time to dance,” they may be envious of people who are. So they

target our self-consciousness in order to mute our “dancing.”)

- ▶ How do you know when it’s time to dance? (Any time you recognize God’s extraordinary blessings in your life is an opportunity to dance. “Telling the time” is often just a matter of being in the moment and being willing to react to it.)

Pray together, thanking God for His presence in your life throughout the seasons of life. Ask Him to give you the courage and unselfconsciousness to dance as joyously as David did—when it’s time.

Suggested devotion from *The Love Languages Devotional Bible*, page 942  
(The Barren Seasons)

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