

Chapter 1

A list of 5 more ways to make your vows part of the DNA of your marriage.

1. Memorize and recite your vows: Take the time to memorize your wedding vows and surprise each other by reciting them at unexpected moments. This act can serve as a reminder of the promises you made and the depth of your commitment and love.
2. Create a vow journal: Start a journal where you and your spouse write down your thoughts and reflections on your wedding vows. Use this journal as a space to revisit and reaffirm your vows, and to document the growth of your relationship over time. Make a commitment to visit this journal at least quarterly in a marriage meeting.
3. Incorporate your vows into daily affirmations: Include elements from your wedding vows in your daily affirmations or mantra. Repeat these affirmations together, either in the morning or before bed, to reinforce the importance of your vows in your daily lives. If you are a couple that does daily devotions together, this is a beautiful exercise to incorporate into that routine.
4. Plan vow-centered date nights: Dedicate specific date nights to focus on your wedding vows. Use this time to discuss your progress in living out the promises you made and to brainstorm ways to further strengthen your relationship. Plan a vow-centered date at least four times a year. This is another way to keep the promises and commitments that you made in front of the both of you.
5. Create personalized reminders: Find creative ways to incorporate symbols or reminders of your vows into your everyday life. This could include wearing matching bracelets or rings engraved with a meaningful phrase from your vows, or placing small mementos that represent your vows in your home as visual reminders. Consider putting them on a business card and keeping them in your purse or wallet.

Robertson McQuilkin Speech

<https://youtu.be/vG95dJXNIDU?si=tmq1g040kxbPJBk1>