

# 60 Second Blessing



**Words are powerful** -- so powerful that we must prioritize making good use of them. It takes 10 uplifting words of encouragement to undo 1 negative criticism. *With just one minute each day, you can make words of blessing a daily habit in your marriage.*

**How?** Spend 60 seconds in front of one another -- sitting on the couch, lying in bed, rubbing each other's shoulders, or whatever you'd like. Mix it up, and make it fit who you are as a couple. Then, taking turns, begin to speak, for just one minute, words of blessings or affirmation over each other.

Here are some ideas for your one minute topics:

- *I love you because...*
- *My favorite things about you are...*
- *I think you are really good at...*
- *When I first met you, I loved that you were...*
- *I can't wait to grow old with you and do...*
- *I wish for you...*
- *I am grateful for you for...*
- *Without you, my life would be...*
- *You are a great parent because...*
- *Thank you for always...*

**Every couple has one minute they can invest in their marriage.** No excuses. Make this a daily or weekly habit. *You will never regret blessing one another!*