

FamilyLife Blended® Radio Transcript

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Steal a Kiss

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Ron: One way to keep the oxygen flowing to your marriage is to steal a kiss.

Announcer: For FamilyLife Blended®, here's Ron Deal.

Ron: No, you're not really stealing anything. You're drawing on the bank account of your affection. But what you are stealing is a moment. A moment out of a hectic day. A moment out from under stress. A moment away from parenting.

You see "the kiss" is a much-needed point of connection. And research shows that when you have various "stealing a kiss" routines throughout your day, you oxygenate your marriage. Things like a warm hug before leaving for work, a funny text during the day, or a shared recreational activity all help to sustain your marriage in the midst of life. So, go ahead. Find your moment and steal a kiss. For FamilyLife Blended I'm Ron Deal.

Announcer: To find out more visit familylifeblended.com.

FamilyLife Blended with Ron Deal is a production of FamilyLife. Help for today. Hope for tomorrow.

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