

FamilyLife Blended® Radio Transcript

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30-Second Kiss

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Ron: Want to connect with your spouse? Try a 30-second kiss.

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

Ron: There are all kinds of kisses. We kiss royalty on the hand, grandma on the cheek, our children on the forehead and then there's that holy kiss thing, but I'm not sure what that's about. Over time many married couples tend to settle for lazy kisses.

But a 30-second kiss, you know, a standing-in-the-kitchen-at-the-end-of-a-long-day kiss that's qualitatively different. It takes a little time and determination but that's the point. It gets you out of your rut. It adds energy to your marriage and communicates how much you value one another. Yes, it might gross out your kids, but if it affirms your oneness, it's well worth it. For FamilyLife Blended I'm Ron Deal.

Announcer: Find more at familylifeblended.com.

FamilyLife Blended with Ron Deal is a production of FamilyLife.

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