

FamilyLife Blended® Radio Transcript

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Spend Leisure Time Together (day 4 of 5)

Air Date: October 24, 2022

Ron: All this week we're talking about reducing the cholesterol in your marital heart. Today's tip: Spend regular leisure time together.

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

Ron: You know everybody needs to relax. Well, healthy blended family couples make time for individual leisure activities and activities they can do together. Unhappy couples tend to just have individual interest but nothing they share.

Here's the cool thing. You get to define what's leisurely for you and your spouse. It might be exercising together or reading and discussing a book or sky diving for that matter. Whatever is fun and enjoyable for you feeds your marriage. The point is, all work and no play makes Jack a dull boy, but that's only the beginning. It makes Jack and Jill's marriage pretty dull, too. 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.

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