

**Two Ignite: A Love that Laughs**  
**Ted Cunningham**  
**February 16, 2020**

1. Fill in the blank. We should \_\_\_\_\_ our spouses, not endure them.
2. Ted said that God did not give us our spouses to be the grind. What should our spouses be to us through the grind?
3. **Read Proverbs 5:18-19. May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer—may her breasts satisfy you always, may you ever be intoxicated with her love. NIV** What are some practical ways you can rejoice in your spouse and be “intoxicated” with their love?
4. Who is the real enemy of our marriage? Who is our source of life? What happens when you make your spouse the enemy? The source?
5. Ted said we are either growing and thriving in our marriages, or we are drifting. He noted that drifting is the result of an absence of decisions. What decisions can we make to help us grow in our marriages?
6. Couples that laugh together often enjoy more marital satisfaction and stay together longer. What things make you both laugh? Schedule some fun movies, games, skating, bowling, mini-golf, go carts, zip lining, shows, dancing, karaoke, escape rooms, water sports (in season), or other activities that encourage laughter.
7. **Read Proverbs 17:22. A cheerful heart is good medicine, but a crushed spirit dries up the bones.** What are some of the many benefits of laughter?
8. Some things you can do to encourage laughter are:
  - a. Turn everyday moments into lighter moments.  
What every day “chores” do you dread? How can you bring laughter into them?
  - b. Recognize and appreciate your spouse’s attempts.  
What did Ted say about fake laughing?
  - c. Stop waiting for it and start looking for it. Humor is all around you!  
What was the funniest thing you saw or heard last week? Please share.
  - d. Surround your marriage with others who love to laugh.  
Who are your friends who enjoy laughing the most?
  - e. Make time for laughter.
9. Ted mentioned that the Coke pack read, 15 Pack – 3 more cans than 12 pack  
What is the craziest, funniest label you have seen on a product?
10. For you as a couple, when is the best time for your 15 minute “daily delay”?  
Discuss as a couple, share if you would like, and then add it to your schedule if not already on your schedule (if you both agree!).
11. Do you have a regular date night? What do you normally do on your dates? What fun things have you not done lately, that you could do together for a date night?
12. When was the last time you were able get away, out of town together? (not work related or visiting family) Why do you think this is important? Share an example of a great get-a-way experience.