

CONNECTED: EMPTY NESTERS...RECONNECTING

BEST USE

Now that your kids are grown and out of the house, it's just the two of you. The empty nest years are a great time to renew your marriage and reconnect with each other. Remember the excitement you shared when your marriage was new? Once that reconnection is made you can connect with others in your church, in your neighborhood, at your work...the possibilities are endless!

NUTRITIONAL VALUE

Commit to reconnect with each other to make your marriage stronger than ever. Then begin connecting with others!

ADVANCE PREPARATION

- Set a date with your spouse—no technology, no interruptions.
- Take time to look at the list of suggested commitments.
- Pray that God would lead your marriage, as you desire to connect more with each other.

SERVE IT UP

TALK: Some may view the “empty nest” as a second honeymoon while other couples are just exhausted, and their marriage may be on the back burner. No matter which camp you fall into, all empty nesters have to find their new way of handling this next phase of life. For some, this is easy. For many, this can be a hard time on their marriage. Acknowledge that this is a time of transition. Say to each other, “Things are changing right now and that’s okay.”

COMMIT: Consider some of the following commitments to each other or come up with some of your own:

- Plan an empty nest getaway. Talk about what is great about your relationship and the areas that need work. Make a commitment to work on the weak areas and reinvent your marriage. *Be sure and limit the use of technology—don’t let it get in the way of your getaway!*
- When traveling alone, take this ideal opportunity to make connections with others—make small talk! You never know how God will use you, even in a small way, to minister to the person with whom you have connected for a brief moment.
- Plan a camping trip...just the two of you. Even if you have never gone camping, go!
- Start a new hobby together: gardening, volunteering, walking, bike riding, etc.
- Connect with other empty nest couples and encourage them in their marriages.
- Start your own empty nest group.
- Become mentors for a younger couple.
- Find a place to volunteer—together!
- Adopt an international student from University of Houston–Clear Lake.
- Get involved in an Empty Nesters WBS class at UBC!
- Plan a progressive dinner for empty nest couples.
- What is your passion—is it reading? *Start a book club. Is it children? Volunteer at a school or in a WBS class. Is it exercising? Start a walking/running group.* Just find your passion, and this will give you a great opportunity to connect with others.

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CONNECT: The empty nest years can be a time of incredible fulfillment. You can reconnect with one another and create a vision for the rest of your marriage.

PRAY: “Thank you, God, for our children and our marriage. Please give us wisdom and direction on how we can best use this season of our life we are in for Your kingdom purposes.”