

## Commitment

### 1. "You're my one and only and forever" letter

#### Rationale

Even though many don't like to admit it, women need security. They've heard stories (or lived them) where husbands "run off," abandoning their wives for other women. When a husband totally commits (or recommits) to his wife, there's a new level of security for her. And from that security can come love, peace and self-confidence.

#### *Challenge Assignment*

Once you've decided to finally, completely and totally commit to your wife, write a letter to her and say so. Tell her you've made the decision...that you want her to know that she is your one wife for life. That you will never leave or abandon her...no matter what. Take her on a 'date' and carefully choose your moment. Make sure it's private and that she's focused and listening. Read your letter to her, look her in the eye and tell her you love her with all your heart. CAUTION: You're doing this assignment for YOU more than for her. Don't be upset or disappointed by her reaction. She will 'hear' you, even if she's suspicious or even skeptical of your motive. The point is to make the decision to commit, share it with her. Then come back and share what happened with the group.

#### *Debrief*

Each guy verbalizes his 'once and for all' commitment to his wife and then shares his experience from the assignment. "Tell us about your date night, how you read your letter to her, and about her reaction." The leader can show the way by going first. If he reads his letter out loud, maybe the other guys will read theirs as well. It's unlikely there's going to be a big "ah hah" moment here. This is a 'below the waterline' deal. If a man hasn't completely and totally committed to his marriage, he'll always be thinking about an escape route. "How bad does it have to get?" "How much more attractive does that girl at work have to be?" "What would I really do if she calls...the one I should have married instead?" These temptations are dealt with (at least once) when a man commits completely and exclusively to his wife and marriage.