

Conversations for Quarantined Couples

(Or Love in the time of Coronavirus)

While these conversation starters refer to marriage frequently, they can be used by couples who are not married as well.

Living on an Oasis

Your Sacred Story

Turning to One Another

Laughing Together

Caring for the Soul of Your Marriage

Your Marriage as a Lighthouse

Laughing Together

The first time laughter is mentioned in the Bible it is in the context of a marriage. Abraham and Sarah both fall to the ground laughing when they hear they will have a child in their old age. When our presiding bishop, The Rt. Rev. Michael Curry, preached on this story from Genesis, he joked that Sarah laughed at the news she would become pregnant, not because of what she knew about herself, but because of what she knew about her husband!

In the wedding liturgy, we recite what God intends for a couple in marriage, and the first thing listed is joy. *“The union of husband and wife in heart, body and mind is intended by God for their mutual joy”* (Book of Common Prayer, the Celebration and Blessing of a Marriage) No marriage is a barrel of laughs 24/7, but neither should a couple neglect to enjoy each other’s company and to make time for laughter and fun. Humor helps us cope. To paraphrase, Henry Ward Beecher, “A marriage without a sense of humor is like a wagon without springs – jolted by every pebble in the road.” Laughter brings closeness. It reduces stress. Laughter fosters a sense of playfulness. It can provide greater perspective and decrease defensiveness.

Watch how comedian Jim Gaffigan and his wife, Jeannie, valued humor when she was diagnosed with a brain tumor.

<https://video.search.yahoo.com/search/video?fr=mcafee&p=youtube+jim+gaffigan+brain+tumor+humor#id=6&vid=4a3258d3aaf3178eaae65fee27c6a89b&action=view>

Conversation:

What comedian do you first remember enjoying?

Who could always make you laugh when you were a child?

Who was your childhood celebrity crush?

What was the worst haircut or hairstyle you ever had?

Who would you cast to play me in the movie of my life?

What pretend game did you play as a child?

What was a silly/goofy/funny thing I did that made you love me more?

Make up new names for each other using variations on each other's real name or characteristics or associations to familiar places, occupations. Create a movie star name, a Disney character name, an exotic dancer name, a presidential name, a Biblical character name.

**For more questions to stay close, see [Here](#) (at end of this document).

*Then our mouth was filled with laughter,
and our tongue with shouts of joy;
then it was said among the nations,
"The LORD has done great things for them."
The LORD has done great things for us,
and we rejoiced. Psalm 126:2-3*

Below are 40 questions, BUT DO NOT ANSWER ALL OF THEM. Take turns choosing a random number between 1 and 40, and asking each other a question. Answer 10-15 questions between you; save the remaining questions for another time.

1. Who are your two closest friends?
2. What would be a weekend away as just a couple that you would enjoy?
3. Who is your favorite relative?
4. What is a song that always takes you back to high school?
5. Who is your greatest support (other than your spouse)?
6. What was the highlight of last week for you?
7. Who was your best friend in childhood?
8. What deceased relative would you like to have dinner with?
9. What medical problems do you worry about?
10. How do you think your birth order or being an only child has affected you?
11. What historical event in your lifetime had the greatest impact?
12. What upcoming event are you looking forward to?
13. Talk about a teacher who helped you believe in yourself.
14. Name a married couple you admire.
15. What was the most significant event of your teenage years?
16. What would be your dream car?
17. Where in the world would you most like to travel?
18. What was one of your favorite Christmas gifts as a child?
19. What helps alleviate your stress?
20. What do you want to be significantly different about your life in five years?
21. Who were your most important mentors, or for whom are you a mentor now?
22. How was affection expressed in your family growing up?
23. What is the best wrapped gift I gave you?
24. What was the last thing you were particularly proud of accomplishing?

25. What was one of the first things that attracted you to me?
26. What are you dreading in the next few weeks?
27. How has grief shaped you or altered your path?
28. If you could play a sport professionally, what would it be?
29. What tries your patience the most these days?
30. What would you claim as a recent success for you?
31. Share the story about a letter or email or text that you have saved.
32. What is your favorite piece of art in our house?
33. What was your favorite celebration of our anniversary?
34. What did I do for you in the last month that was particularly supportive and helpful?
35. What is one of your favorite memories/stories about one of your grandparents?
36. What was one of the most memorable books you read as a child?
37. What events and/or relationships have served as navigating stars in your life?
38. What made you break up laughing recently?
39. What made tears come to your eyes recently?
40. What do you remember about playing with your parents when you were a child?