

## **Fathers Podcast 10 Comings and Goings Part 3**

### **Podcast Highlights**

- Going to bed and waking up together every day is bold move but advantageous.
  
- Depending on if you are a morning person or a night person, how you have to adjust will be different. It also depends on what schedule is necessary.
  
- You can talk about the events of the day and pray together in the morning to get you on the same schedule.
  
- When it comes to going to bed together have the lights out at the same time.
  
- There's going to be an adjustment period that will vary on how far apart your schedules are.
  
- Don't have a television in the bedroom. It's a bad idea for many reasons.
  
- Something is better than nothing...so if you can't do it every day...what days can you do it?

### **Thinking/Conversation Starters**

- What do your mornings and evenings look like now?
  
- Do you see the long term upside (years) or processing your days together? Is the effort of change worth the benefits to you?

### **Action Step**

- Talk with your wife about the idea of waking up and going to bed together. What could that look like and how do the two of you get there?

*"As iron sharpens iron, so one man sharpens another."*

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