## I Love You Commitments Son or Daughter

- 1. I promise you that I will pray for you every day of your life asking God to fill you with the knowledge of His will and to fill you with his power and strength.
- 2. I promise you that I will initiate regular times of conversation with you, and to listen to you attentively. When you have questions or comments I will not interject opinions unless asked.
- 3. I promise you that I will not get angry at you, not even a little bit irritated, and I will forgive you quickly of anything that you may do.
- 4. I promise you that if I do something that offends, hurts, or frustrates you I will listen as you express those frustrations to me without getting defensive or excusing my behavior, and I will work at learning as your father and adjusting my behavior with you.
- 5. I promise you that I will cooperate with you as you make your own commitments, standards, and rules for your life, and that I will give you all the freedom that you have earned.
- 6. I promise you that I will seek wisdom from every source I can find on how to be the world's best father to you, training you, coaching you, and doing all that I can to help you be a champion for Jesus.
- 7. I promise you that I will work at maintaining an accountability relationship with you, sharing my goals with you so that you can hold me accountable to them.

## I Love You Commitments Husband or Wife

- 1. I promise you that you are the only woman in my life emotionally, mentally, and physically.
- 2. I promise you that I will forgive you of anything quickly, no matter what you do, no matter how many times you do it.
- 3. I promise you that I will talk to you whenever you want, and that I will listen attentively, and honor you by showing sincere attention to your words.
- 4. I promise you that I will pray with you often, regularly, and as often as you like.
- 5. I promise you that I will never get angry at you, not even a little bit irritated no matter what you do, no matter how many times you do it.
- 6. I promise you that I will not be possessive, selfish, or jealous of the time you give to the Lord serving Him, to others as you serve them, and the time you give to family and grandkids.
- 7. I promise you that when you have frustrations with me I will listen, learn and adjust without getting defensive or excusing my behavior.