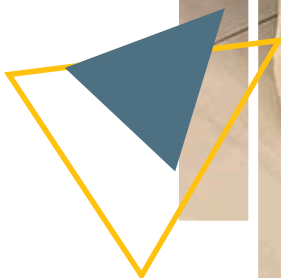


# IGNITE THE SPARK, REKINDLE THE FLAME



**Eric & Ellasin**



# TABLE OF CONTENTS



## INTRODUCTION

---

### CHAPTER 1: Rediscovering Emotional Intimacy

---

### CHAPTER 2: Reigniting Romance

---

### CHAPTER 3: Overcoming Burnout and Rekindling Intimacy

---

### CHAPTER 4: Building a Legacy of Lasting Love

---

## CONCLUSION

---

## BONUS SECTION:

---

## REFLECTION QUESTIONS AND SPARK STARTERS FOR COUPLES

---





# INTRODUCTION



## **Our Story.** **Our Why. Our Heart for** **Your Marriage**

When we stood at the altar, we had stars in our eyes and dreams in our hearts. Like so many couples, we believed that love alone would carry us through life's highs and lows. And for a while, that love burned brightly.

But as the months turned into years, and as life became more complex, we began to understand that even the strongest flames need tending. For us, one of the greatest challenges to keeping our marriage vibrant was the unique rhythm of military life. Eric's deployments, long separations, and unpredictable schedules often left us grappling with distance—both physical and emotional.

We had to learn how to adjust our battle rhythm at home, to create connection across the miles, and to reconcile the shifting dynamics that come when one spouse is away and then returns. Those experiences, sometimes painful and sometimes powerful, became the heartbeat behind not only our marriage journey, but also our ministry. In fact, it's what inspired our masterclass, *Battle Rhythm With Your Better Half: Enhancing Marriages of Military Couples and Reconciling Their Families*, and Eric's book, *Serving Together: Navigating the Challenges of Military Relationships*.





# INTRODUCTION



Through it all, we discovered that intimacy—whether emotional, spiritual, or physical— isn't something that just happens. It requires intentionality, grace, and a commitment to keep showing up for each other, especially in the hard seasons.

We're Eric and Ellasin Allen, founders of **We Still Do Marriage Ministry**. We've dedicated our lives to helping couples rediscover the spark in their relationships—whether they're navigating military life, busy careers, parenthood, or simply the wear and tear of daily living.

This book isn't about picture-perfect love stories. It's about real love—the kind that learns, adjusts, forgives, and grows. It's about reigniting passion and rebuilding connection, not just for today, but for a lifetime. And if you're wondering whether your spark can truly be reignited, trust us—it can.

Our hope is that as you journey through these pages, you'll find practical tools, heartfelt encouragement, and gentle reminders that the best is still ahead. Together, let's ignite the spark, rekindle the flame, and build a marriage that inspires generations.

*With love and hope,*



***Eric & Ellasin***



# CHAPTER 1

## Rediscovering Emotional Intimacy



### Reigniting the Heart Connection

Let's be honest, family—emotional intimacy doesn't come easy. Every season. I (Eric) know firsthand what it feels like to love your spouse deeply, but still feel miles apart emotionally.

Between military deployments, long work hours, and just the grind of life, I've had seasons where I came home but wasn't really home. You know what I mean? Physically present, but emotionally on autopilot.

We've learned over the years that intimacy doesn't just happen because you say, "I do." It has to be nurtured intentionally. If you don't check in and connect heart-to-heart, the distance grows. And before you know it, you're in the same house but living separate lives.



Eric



**Ellasin**

Whew! That's the truth right there. And from my side—as a wife, a psychologist, and a woman who hears from God—I can tell you this: emotional intimacy starts with seeing each other again. Not just looking at each other, but truly seeing your spouse's heart, their struggles, their joys, their unspoken needs.

Too often, couples come to us and say, "We just drifted apart." But drifting is what happens when you stop swimming together. Real intimacy means choosing daily to go deeper—to ask the hard questions, to share the vulnerable parts of yourself, and to listen with compassion, not judgment.

And brothers—let me talk to you for a second. Sometimes we think vulnerability makes us weak. But let me tell you, there's nothing stronger than a man who can look his wife in the eye and say, "Here's where I'm struggling. Here's what scares me. Here's where I need you." I've had to learn that the hard way. And every time I chose to be open, it drew us closer.



**Eric**



**Ellasin**



Ladies, emotional intimacy isn't just about what he does either. It's about what we both build. Are you creating space for your husband's heart, or have you filled it up with frustration, busyness, or unmet expectations? Intimacy grows when we both choose empathy and patience.

**A spark starter for you tonight:** After the kids are down or the house quiets, take 10 minutes. Sit together—no phones, no TV—and ask each other:

***"What's been weighing on your heart lately that I might not see?"***



# CHAPTER 2

## Reigniting Romance



### Small Sparks that Light Big Fires

Let's be honest, family—emotional intimacy doesn't come easy every season. I (Eric) know firsthand what it feels like to love your spouse deeply, but still feel miles apart emotionally.

Between military deployments, long work hours, and just the grind of life, I've had seasons where I came home but wasn't really home. You know what I mean? Physically present, but emotionally on autopilot.

We've learned over the years that intimacy doesn't just happen because you say, "I do." It has to be nurtured intentionally. If you don't check in and connect heart-to-heart, the distance grows. And before you know it, you're in the same house but living separate lives.



Eric





**Ellasin**

Yes! It's the small things that fan the flames. Don't get me wrong—I love the big moments too. But the day-to-day sparks, those are what keep the fire alive. And ladies, let's not wait for him to make the first move every time. Send that flirty text. Reach for his hand at dinner. Light that candle, put on that music, and set the mood.

Let me tell y'all—some of the most romantic moments we've shared weren't expensive at all. When I was deployed or out to sea on training assignments, I'd get a handwritten letter from Ellasin, that was everything. Or the times I came home and she'd have my favorite meal waiting and the kids off to bed early. That right there? Fire.

And you know what? Sometimes romance is also about re-learning each other. The person you married might still be the same at the core, but life changes us.

Seasons change us. So ask:

"What makes you feel desired these days?"

"What small thing can I do that would light up your heart?"



**Ellasin**



**Eric**



**Eric**

And here's some tough love. Stop waiting for the perfect time. There will always be bills, busy schedules, and kids' activities. The perfect time is the time you make. Prioritize your romance like you do everything else that matters.

**Your spark starter tonight:** Do one small, unexpected thing to show your spouse they're still the one who makes your heart race. Maybe it's a sticky note love letter. Maybe it's a back rub after dinner. Maybe it's just pulling them close for a slow dance in the kitchen.

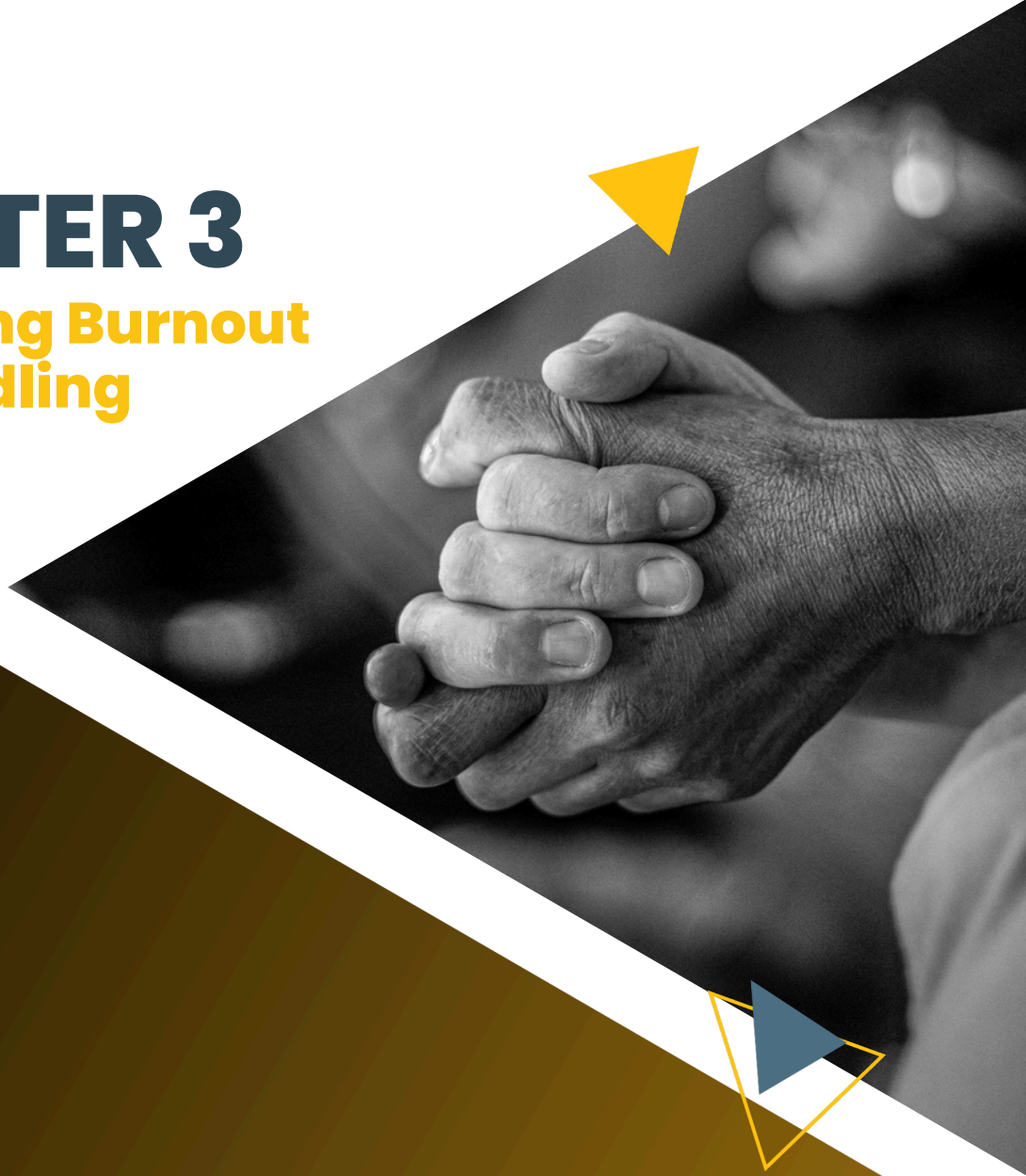
Remember, a big fire starts with a little spark. Keep lighting those matches.



**Ellasin**

# CHAPTER 3

## Overcoming Burnout and Rekindling Intimacy



Let's just put it out there—burnout is real. And I'm not just talking about job burnout. I'm talking about that feeling where you're so drained, you don't have much left to give anybody, including your spouse. I've been there. As a military man, a pastor, a father... there were times I came home running on fumes. And guess who felt it most? Ellasin.

Burnout sneaks into your marriage quietly. It shows up when you stop looking at each other. When you stop reaching for each other. When exhaustion makes you roommates instead of lovers.



Eric





**Ellasin**

So true, babe. And I'll add—burnout can be emotional and spiritual. There were seasons where I was pouring out so much in ministry, helping others, raising our family, that by the end of the day, I had nothing left to pour into us.

But here's the thing: burnout is not the end. It's a signal. It's your body and spirit telling you, "*Pause. Refill. Reconnect.*"

What helped us was learning to recognize the signs early—before we drifted too far. We had to get honest. I had to say, "I'm not okay right now. I need to slow down." And we had to be intentional about creating space to refuel—not just as individuals, but as a couple.

Sometimes that meant saying no to extra commitments. Sometimes it meant taking a staycation. Sometimes it meant just going for a walk together and talking.



**Eric**





**Ellasin**



And can I just say—physical intimacy often follows emotional rest. When your soul is tired, it's hard to desire. When you're both constantly in survival mode, you don't have the capacity for passion. That's why making time for restoration matters.

**Here's your spark starter tonight:**

Ask each other:

"Where are you feeling burned out right now?"

"How can we help each other refill?"

***Then plan one thing this week that helps both of you breathe again—together.***

# CHAPTER 4

## Building a Legacy of Lasting Love



Let's talk about the big picture—the why behind all these sparks and flames we're working so hard to keep alive. Romance is amazing. Intimacy is essential. But at the end of the day, what we're really doing is building a legacy.

See, marriage isn't just about the two of you. It's about what your love teaches your children. What it says to your community. What it reflects about God's covenant. And if you're anything like us, you want your marriage to be something that outlives you—something your kids, your grandkids, and generations after will be inspired by.



**Eric**



**Ellasin**



Yes! A marriage that leaves a mark is one that goes beyond passion and moves into purpose. When we choose to love each other well—not just in the easy times but in the hard times—we’re teaching the next generation how to love, how to fight for family, how to honor covenant.

We’ve seen firsthand how our struggles and victories have shaped our kids’ view of marriage. They’re watching, even when we think they aren’t. They’re learning what forgiveness looks like, what laughter in hard seasons sounds like, what teamwork truly means.

And legacy love means dreaming together. What do you want your marriage to stand for? How do you want to impact the world around you? What story of love and faithfulness do you want told long after you’re gone?

**Spark starter tonight:** Ask each other:

“What kind of legacy are we building right now?”

“What’s one way we can strengthen it this week?”

Remember—every kind word, every act of service, every time you choose to forgive, you’re laying another brick in the foundation of lasting love.

**Your Turn**

*Love is built one small spark at a time.*

*Legacy is built one intentional choice at a time.*



**Eric**





B O N U S

## BONUS SECTION:

### Reflection Questions and Spark Starters for Couples

Congratulations on making it through these pages with us! Now it's time to turn inspiration into action. Below are some reflection questions and spark starters you can use together. Our suggestion is, don't rush through them. Take your time. Make them part of your date nights, pillow talk, or quiet moments.

We pray these help you ignite the spark and rekindle the flame in your marriage.



# CHAPTER 1

## Rediscovering Emotional Intimacy



### Reflection Questions



- When was the last time you felt truly seen and heard by me?
- What's one fear or insecurity you have about our connection that you haven't shared yet?
- How can I be a safer space for your heart?

### Spark Starter



Set aside 15 minutes tonight. No devices. Just sit face-to-face and share:

*"One thing I appreciate about your heart is..."*



# CHAPTER 2

## Reigniting Romance



### Reflection Questions



- What small gesture have I done in the past that made you feel deeply loved?
- How do you feel most desired by me—words, touch, time, gifts, or something else?
- What's one romantic memory you'd love to recreate?

### Spark Starter



Each of you plan a tiny surprise for the other this week. It could be as simple as a sweet note, a favorite snack, or a spontaneous hug that lingers longer than usual.

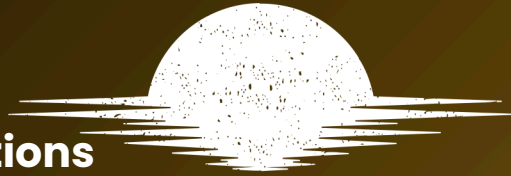


# CHAPTER 3

## Overcoming Burnout



### Reflection Questions



- What drains your energy most these days?
- How can we support each other better when we're running on empty?
- What would rest look like for us as a couple right now?

### Spark Starter



Schedule a rest date. Maybe it's a quiet evening walk, watching a movie you both love, or even a Sunday nap together. Prioritize peace over plans.



# CHAPTER 4

## Building a Legacy of Lasting Love



### Reflection Questions



- If our kids or community described our marriage, what do you hope they'd say?
- What values do we want to be the foundation of our love?
- How can we serve others together as a couple?

### Spark Starter



Write down or speak out a simple legacy statement together:

*"We want our marriage to be known for \_\_\_\_\_."*

Then brainstorm one step to live that out this month.





# FINAL WORD FROM OUR HEARTS

We want you to know—we're rooting for you. No matter where you are today, no matter how dim the flame might feel, love can be rekindled. Keep choosing each other. Keep showing up. And always remember:  
*We Still Do.*

**With all our love and prayers,**

***Eric & Ellasin***

