

# Faith@Home

## *Marriage Date Night*

### *Strong Marriage Annual Plan*

#### **Best Use**

As a date night discussion guide

#### **Nutritional Value**

Helps you plan what activities and time slots to protect during the coming twelve months for building a strong marriage.

#### **Advance Preparation**

- Schedule a dinner or coffee date on or within a few days of New Years
- Find your calendar or PDA to bring on the date
- Each spouse spend time identifying several priorities to put on the calendar for the upcoming year (see reverse for ideas)

#### **During The Date**

1. Complete the questionnaire on the reverse side together
2. Schedule dates and times on both calendars to make sure your strong marriage priorities trump other commitments

#### **Strong Marriage Priorities**

Every married couple needs to be intentional in several areas. Discuss the following questions together, then select an idea or create your own to put on your schedules.

**Question:** How will we protect routine times for non task-driven communication?

- Schedule an evening walk together twice weekly
- Schedule a date night twice monthly
- \_\_\_\_\_
- \_\_\_\_\_

**Question:** Should we read a book, attend a class, or seek guidance to improve a specific area of our marriage?

- Shared vision and goals
- Better communication
- Romantic intimacy
- Managing money
- Parenting the kids
- \_\_\_\_\_
- \_\_\_\_\_

**Question:** When do we think we will feel most stressed during the coming year so we can plan a weekend get-away together to recharge our batteries and rekindle romance? \_\_\_\_\_

Where would we like to go that we can afford? \_\_\_\_\_

Who could watch the kids? \_\_\_\_\_

**Question:** How can we help each other improve physically and emotionally?

- Work out together
- Eat out less often to cook healthy meals at home
- Give each other time alone with God by watching kids, etc.
- \_\_\_\_\_
- \_\_\_\_\_

**Question:** When will we incorporate the habit of praying together into our relationship?

- At the end of evening walks twice weekly
- Before going to sleep each night
- \_\_\_\_\_
- \_\_\_\_\_