

# MARRIAGE DATE NIGHT

## *Annual Plan*



### **BEST USE**

A date night discussion guide

### **VALUE**

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

### **ADVANCE PREPARATION**

- Schedule a dinner or coffee date on New Years or during the month of December
- Bring your calendar (digital or hard copy) on the date
- Each spouse should 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 ONE:** *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 TWO:** *In what area of our marriage should we read a book, attend a class, or seek guidance to improve on?*

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

**QUESTION THREE:** *When in the coming year do we think we will feel most stressed? In order to recharge our batteries and rekindle romance after that event, where and when would we like to have a weekend get away? What are some details to work through in advanced (e.g. What can we afford? Who will watch the kids?*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**QUESTION FOUR:** *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 FIVE:** *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
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_