1 weekly date night + 1 monthly Marriage Matters + 1 yearly get-away = 1 healthy marriage

Includes: 4 date night ideas (2 “at home” 2 “going out”), 5 dates for MM, 1 DIY marriage getaway weekend idea
DATE NIGHTS
2 AT HOME DATES

ONE:

Get Ready!
If you have kids, wait until they are asleep, out of the house, or at least out of the room. You and your honey are experiencing dinner, indoor picnic style. Grab a blanket, dinner, and a [clean] spot on the floor. (Okay—you don’t have to sit on the floor but you cannot sit at a table—be creative)

Do It!
Before you eat, take 1 minute to fill in the Mad Libs secretly so that your partner doesn’t see your answers. Don’t cheat! Fill in the bottom portion first and then add your words to the story on top. Read them to each other as you enjoy your meal.

Dare Me!
Play with your food. Dare your spouse to do three different things using their food. (Balance your broccoli on your nose for 30 seconds, make your mashed potatoes into a snowman, cut your chicken into triangles.)

Picture This!
Take a goofy photo of yourself using your spouse’s phone and make it their wallpaper for a week.

Take Your Pulse!
“Everyone should be quick to listen, slow to speak, and slow to anger.” James 1:19 CSB

Ask your spouse the following questions and listen as they answer:
• What can I do to be more helpful?
• What do you wish we did more of together?
• Which of the following best describes our marriage and why?
  » Popcorn and Skittles
  » Mac and Cheese
  » Thai food and Tums
  » Diet Coke and Mentos
  » Chips and Salsa

Keep It Going!
Ask your spouse these questions two more times during the week until your next date night: How can I help you this week? What do you need more of from me?
SEXINESS 101

1. You should be the professor of
2. Sexiness 101 because you are
3. Sexiness! All you would have to do is show up and show
4. the class your
5. sexiness and your
6. sexiness. They would immediately
7. understand why you were the teacher. After
8. all there is no one more
9. sexiness than you!
10. You can make any
11. sexiness immediately.
12. Your syllabus would be sure to
13. include sections on
14. sexiness, because you are the true master of that
15. subject. My
16. sexiness is very lucky
to be able to benefit from your expertise in
17. the field. Truly, your knowledge of
18. sexiness is astounding.
TWO:

Get Ready!
If you have kids, wait until they are asleep, out of the house, or at least out of the room. Have dinner from your favorite restaurant delivered, or pick it up to go. Decide what game you want to play or grab a puzzle to build together (e.g., Twister, checkers, Monopoly, cards, etc. Candyland is not an option this time).

Do it!
This one is simple. Eat your dinner and play your favorite card or board game. You can even do a puzzle.

Dare Me!
Slow dance to a song together or do a dance for each other—fast or slow.

Picture This!
Find a photo on your phone of a place that you would like to go on a getaway with your spouse. Share your photo with each other and your reason for wanting to go to that place.

Take Your Pulse!
Ask your spouse:
- How close do you feel to God right now?
- What can we do differently to make God a bigger part of our marriage?
- How can I be praying for you?
- Who do we need to invite to church?

Keep it Going!
Send a prayer to your spouse two times this week. Set a reminder on your phone twice a day to stop and pray for your spouse.
DATE NIGHTS
2 GOING OUT DATE NIGHTS

Get Ready!
He gets to pick her outfit and she gets to pick his outfit. Also, he gets to choose the playlist on your way out and she gets to choose the playlist on the way back home.

Take Your Pulse!
• Tell your spouse something new that you learned about them.
• What is one adventure that you would like to do together?
• Finish the sentence: “I love when you ____________________.”

Don’ts for date night:
• Talking about kids, the messy house, politics
• Criticizing something that they did (or didn’t do) during the week
• Saying negative things about their parents or siblings

Keep it Going!
Take a photo together on your date night and make it the wallpaper on your phone. Text the following to your spouse once a day until your next date night: “Thank you for __________.”

Go Out! Click here for a list of the top 10 restaurants in OC for date nights according to Yelp.
Take Your Pulse!
- How are you feeling emotionally?
- How are things going between you and your friends?
- What is one thing God has been teaching you lately?
- How are you handling things at your workplace this week?

Don’ts for date night:
- Talking about kids, the messy house, politics
- Criticizing something that they did (or didn’t do) during the week
- Saying negative things about their parents or siblings

Keep it Going!
Send your spouse a Snapchat message or text a goofy photo of yourself 3 times during the week. Text the following to your spouse once a day until your next date night: “I appreciate you because________________.”

TWO:

Get Ready!
Pick your own outfit but your spouse gets to choose your shoes. Mix it up! Listen to a genre of music that neither of you plays. Here are some choices.

Go Out! Try one of these unique places to dine according to Yelp.
Simple As 1-2-3

1. Save these dates for Marriage Matters with Doug Fields—Date Night, dinner, laughter, and learning for only $20 (AND we’ll take care of your kids and feed them too!)
   February 12, March 12, April 23, June 11.

   Click here to register and for more information.

2. Join us for our Saturday 5:30p worship service at Mariners Church Irvine and enter and exit the service holding hands.

3. Walk to the Community Center for Marriage Matters (yes, you have to hold hands).
Day ONE evening
Something bubbly, popcorn, and a movie in

Consider these: What are three goals for your marriage over the next year? What friendships do you need to foster/eliminate? Take the Love Language Quiz [here](#), and/or take a personality test ([like these](#) or [this](#)) and share your results with each other.
Day TWO
Spend today taking an adventure. That may look like a game of bowling, a hike, cooking class, or click here for an Airbnb experience of your choice.

Day TWO evening
Go on a romantic date in the city you are visiting or grab dinner at the hotel. Make it special. He knocks on the door with flowers and “picks her up” from the hotel. Let someone else drive/chauffeur you.

Hire a professional photographer to take couples photos for you and your spouse.

Consider these questions at dinner:
• What is one of my best qualities?
• What dreams do you have for our family in 5 years?
• What 5 things are on your bucket list?
• What superpower do you wish you had?
• What is your dream job?
• What song makes you think about me?
• Is there anything that you have wondered about but have hesitated to ask?

Day THREE morning
• Breakfast in bed and a slow morning
• What have you learned about each other through this experience?
• Plan your next get-away (where, when, how long)
• Work on a puzzle together, play some cards in your pajamas, play a trivia game on your phone, play hide and seek in the hotel, watch a movie that was filmed in the year you or your spouse was born