*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
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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