*Marriage Date Night*

***Reconnect***

**Best Use**

A date night activity and discussion guide

**Nutritional Value**

Husbands and wives evaluate communication skills and explore ways to better convey thoughts and feelings.

**Advance Preparation**

• Schedule a dinner or coffee date

• Bring a pencil and a piece of paper or tablet

• Each spouse will choose any 3 of the following to draw . . .

 (Keep your choices secret)

* A favorite love song you both know
* His or her favorite Bible character
* A movie you watched together before marriage
* One of your most adventurous activities together
* A memorable date or favorite date place
* A favorite destination you have traveled together
* Your most embarrassing moment together
* Something that would remind your spouse of a wedding day memory.

**During the Date**

Discuss any or all of the items on the reverse side.



**Discuss**

1. Each spouse will take turns drawing a chosen item without speaking. The

 guessing spouse may ask yes or no questions but the “artist” can only nod

 or shake his/her head.

2. For each item guessed correctly, the artist wins a kiss on the lips. For each

 guess wrong, the artist wins a kiss on the lips anyway!

3. When finished kissing, answer the following questions together. . .

* How successful were you in guessing what your spouse was drawing?
* What caused you to sometimes misinterpret your spouse’s picture?

**Reflection Questions**

1. Discuss this quote. *“We often judge others by their actions, but we judge*

 *ourselves by our intentions.”*

2. Check at least two ways you can improve your communication skills to cut

 out the guessing game.

 🞏 Think and pray before I speak

 🞏 Clearly articulate what is on my mind

 🞏 Quit expecting my spouse to read my mind

 🞏 Use voice tones that are kind

 🞏 Humbly communicate my needs and desires

 🞏 Listen more and talk less

 🞏 Strive to understand and empathize more with the needs of my spouse

 🞏 Realize that my unspoken expectations can cause miscommunication

 and frustration

 🞏 Choose my words wisely

 🞏 Schedule time to talk in non-conflict moments or before/after hectic

 parts of the day

3. The best time of day for us to talk is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. Proverbs 12:18 says, *“Reckless words pierce like a sword but the tongue of*

 *the wise brings healing.”* Take time to verbalize your love for one another.

**BONUS**

Before you end talk through the coming week’s schedule and communicate plans you have in mind. How will you create space for real communication?

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