

# DATE NIGHT

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## TRY SOMETHING NEW

### BEST USE

As a way to add fun and spontaneity to a date night

### VALUE

Work together as a couple and try something new and fun together.

### ADVANCE PREPARATION

- Together, come up with 3–5 new restaurants you both have been wanting to try.
- Write the ideas down on separate pieces of paper.
- Fold the each piece in half and place in a cup/bowl.
- Draw out one piece of paper to reveal which restaurant you will try on your date.
- Schedule a time and prepare for your date night at the restaurant you chose.

### DURING THE DATE

#### CONNECT:

- Before going in to the restaurant, either silence your phones or leave them in the car (if you need them for the babysitter, be sure you only use your phone if they call).
- Take in the new experience and ambiance together.
- Enjoy looking through the new menu and choose a few different appetizers, entrees, and desserts to share.

**ASK:** Take some time to ask the following questions to connect with your spouse:

- *What are your highlights from this week?*
- *What has been challenging for you this week?*
- *What are some ways technology has been keeping me from fully connecting with you? (reminder: focus on what you can change about **yourself**, not on what you want to change in your spouse)*
- *How have you seen God moving in your life lately?*
- *How can I support you better?*
- *How can I be praying for you?*

**PRAY:** *“Thank you, God for our marriage. Thank you for a chance to try something new together without the distractions of technology. Help us to continue to make time to intentionally connect with one another. Thank you for the blessing of my spouse and for this time together. Help us to grow closer to each other and to you. In Jesus name we pray, Amen.”*

