

The Send Network Church Planting Couple's *Stay-at-Home Date Night Guide*

While we would all like to be as innovative and intentional in our marriage as we once were when we were dating or newly married, it's hard to find the time — or energy — to think of creative, fun things to do with our spouse. Don't worry though, we've got you covered (and you don't even have to give us credit). As we remain indoors with our families for the foreseeable future, here are some fun and easy ways to be intentional with your spouse.

This guide was developed by Heather Oldham, church planting wife and mother of five at August Gate Church in Saint Louis, Missouri and has been adapted with permission.

1. Conversation Starters:

LEVEL 1:

- Given the choice of anyone in the world, who would you want as a dinner guest?
- Would you like to be famous? If so, for what?
- In your opinion, what does a perfect day look like?
- What do you feel most grateful for?
- What five things would you want to have in your dream home?
- If you could change anything about the way you were raised, what would it be?
- In four minutes, tell your spouse your life story in as much detail as possible.
- If you could wake up tomorrow having gained one quality or ability, what would it be?

LEVEL 2:

- Is there something you've dreamed of doing for a long time? Why haven't you done it?
- What is the greatest accomplishment of your life?
- What two qualities do you value most in a friendship?
- What is your favorite memory?
- What is your worst memory?
- If you knew in one year you would die suddenly, what would you change about the way you are living now?
- What is a small and simple thing that brings you joy?
- What makes you feel appreciated?
- Who has been the most influential person in your life? Why?

LEVEL 3:

- Tell your spouse two things you like about them.
- Tell your spouse two things you love about them.
- If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
- If your house was on fire, what is the first thing you would try to save — besides people or pets?
- What is one thing I can do regularly to make you feel loved?
- What is one thing about our relationship you would like to change?

2. Creative Pursuit:

Try some of these before the date begins — throughout the day or week leading up to the date, intentionally pursue each other. Some of these can be done during the date.

BEFORE A DATE:

- Write a love letter to your spouse, including five reasons why you love them.
- Text your spouse three reasons why you are thankful for them.
- Ask your spouse how you can help them with something on their to-do list.
- Think about what life-giving words your spouse needs to hear and share those words with them.
- Find a way to serve your spouse.

- Write down three ways you can show love through kindness to your spouse. Practice doing those things.
- Plan a special time or experience with your spouse and surprise them. Get creative!

DURING A DATE:

- Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items each.
- Ask each other what ways they feel God has gifted them. Let them talk about what they believe their purpose is and how they can use those gifts to glorify God.
- Create a marriage bucket list.
- Remove all distractions (e.g., turn off TV, phones, put kids to bed, etc.) and talk about something brand new.
- Have fun! 😊

3. Cultivating Spiritual Intimacy:

- What is one way you would like to grow in your walk with Jesus right now?
- Find and write out 2-3 verses that demonstrate how Christ loves and pursues us. How does Christ pursuing us model how you can pursue your spouse?
- Pray together. Ask your spouse what is on their heart and what God is teaching them or ways He is growing them right now.
- One of the beautiful things about the gospel is we are fully known, loved and accepted. Are there areas in your marriage where you could be more transparent? If so, what? Share with each other.
- Seek the Lord and His word about who He says your spouse is. Afterwards, share this with your spouse using life-giving words.
- Spend time talking about what your spouse is passionate about and how they feel called to use those passions to serve Jesus.
- Pray for each other.
- Ask the Lord to deepen not only your love for one another but to strengthen your friendship with each other.
- Ask the Lord to help you see your spouse as a gift.
- Ask the Lord for an increased desire to honor and serve each other.

4. Connection Activities:

1. DINNER

- Prepare a meal together.
- Don't love to cook? Order takeout!
- Eat over candlelight.

2. MOVIE DATE

- Watch the first movie you ever saw together.
- Watch each of your favorite movies.
- Change up your location (watch the movie outside).
- Watch a documentary.
- Watch your wedding video.

3. GAME NIGHT

- Competitive? Keep score with games like UNO, Scrabble, Catan, Jenga, card games, etc.
- Puzzles (they're a great way to have conversation while you work)
- Not competitive? Games like "Cahoots" are about teamwork.
- Order a "solve a mystery" game.

4. YOUTUBE DATE

- Watch funny videos (haircuts gone wrong, bloopers, stupid human tricks).
- Learn something new together (how-to videos).
- Take dance lessons.
- Watch a concert.

5. TRY EACH OTHER'S HOBBIES.

- Painting
- Exercise / running / CrossFit, etc.
- Playing an instrument
- Gardening
- Read a book together.
- Learn a new language.
- Go on a walk.
- Camp in the backyard.

6. CREATE SOMETHING TOGETHER.

- Do those Pinterest projects you have wanted to try (and record your failures for posterity's sake).
 - Create something artistic for your home.
 - Create a custom face mask/shield* (for social distancing).
 - Try creating a fancy new dessert.
 - Tackle a home project.
 - Make an at home or outdoor scavenger hunt
- *Please remove face shield/mask before attempting to kiss.

7. TALK ABOUT THE FUTURE AND SET GOALS TOGETHER.

- Family goals
- Financial goals
- Intimacy goals
- Career goals
- Life goals