

FIT CARD

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. After your fun exercise, 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 before hectic situations
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 go to bed tonight, discuss tomorrow’s schedule and communicate plans you have in mind.