

SAVING *date* night



REAL LIFE LESSONS TO UPGRADE YOUR NEXT DATE NIGHT

WHAT

Dating your spouse isn't just about having an awesome restaurant or culinary experience, romantic gestures, flowers, etc. (though those are nice). The key is connection, conversation and growing together through seasons of life.

WHY

No matter what season you are in, you need to be deeply connected to each other. Being intentional about the time you spend together can strengthen and help build a healthy marriage.

WHO

All married and seriously dating couples. We invite EVERYONE regardless of whether you're in a community group, attend Sandals Church or heard about this from a friend. We care about your marriage and would like you to watch and join us.

HOW

Choose a place to have your date night. You may choose to stay home or go out to a restaurant, park or maybe the beach.

CHOOSE YOUR MEAL

Decide on you what works best for you. If one of you loves to cook, great! Order take out from a favorite restaurant or dine in. Choose whatever fits for both of you and your budget. It doesn't have to be fancy or expensive. Just a meal you would both enjoy.

TALK WITH YOUR SPOUSE ABOUT IT

If you have signed up together, great. Maybe you decided to participate on your own, and now you need to ask your spouse out on a date. Either way, be sure both of you have set aside the time to spend together. If needed, hire the babysitter and make any necessary arrangements so you can have time together free from distractions.

SET THE TABLE

This can be super simple or more elaborate. This depends on what fits you and your budget. If you choose the beach or the park, be sure to pack blankets and all the necessary utensils. It could be a simple candle or vase with a few fresh flowers if dining at home. Remember, this is about spending intentional time with your spouse. Don't put so much time and effort into this that you are tired and haven't taken the time to prepare to be emotionally connected. Sometimes simple is the best.

**DO'S & DON'TS
FOR BEFORE,
DURING &
AFTER**

DON'T

- Make this a time to talk about family schedules.
- Intentionally bring up difficult conversations that could lead to an argument. There is a time and place for those, but date night is not one of them.
- Bring up irritations. Now isn't the time to talk about whose turn it is to unload the dishwasher.
- Check your cell phone. Posting this on Instagram with **#SCdatenight** can wait until the end!

DO

- Plan it. Decide on what and where you will eat ahead of time.
- If you're staying in, set the table, use the good dishes—not the paper plates.
- Take time to look your best. Dress up, do your hair, shave and use mouthwash, lol. It may seem small, but little things like that set the tone. This is important and says I am bringing my best self to this time together.
- Give your spouse your undivided attention. Let them know they are the priority for the next couple of hours.
- Pray together
- HAVE FUN
- Build each other up
- Dream with each other
- Laugh together

START: PRAYER

WATCH: GO TO SANDALSCHURCH.COM/DATENIGHT/ AND WATCH THE VIDEO.

EAT: ENJOY YOUR MEAL TOGETHER WHILE TALKING THROUGH THE FOLLOWING QUESTIONS.

**QUESTIONS
TO ASK EACH
OTHER**

1. What is something I've done recently that has made you feel loved?
2. Tell me about a personal struggle or an area you would like to grow in, so I can pray for you.
3. What is one thing you're especially grateful for in this season of life?
4. If you could plan the perfect date for us, what would it be?
5. In what area would you like to see us grow spiritually this year?
6. Tell me one of your favorite things about me.

**PUT IT IN
WRITING**

Use the note card provided to write down your goals together.

END

Keep the connection going. Enjoy each other's company the rest of the night. Let your spouse know how much this time meant to you and what you enjoyed most about the night.



question

RESPONSE NOTE CARD

What is something I've done recently that has made you feel loved?

husband _____
wife _____

Tell me about a personal struggle or an area you would like to grow in, so I can pray for you.

husband _____
wife _____

What is one thing you're especially grateful for in this season of life?

husband _____
wife _____

If you could plan the perfect date for us, what would it be?

husband _____
wife _____

In what area would you like to see us grow spiritually this year?

husband _____
wife _____

Tell me one of your favorite things about me

husband _____
wife _____

PLACE THIS IN YOUR BIBLE OR SOMEPLACE YOU
WILL SEE AS A REMINDER THROUGHOUT THE YEAR

