

MARRIAGE
COURSE

After “I Do”

THE COMPLETE GUIDE TO NEWLYWED LIFE

MODULE 5

DATE NIGHT



MAIN IDEA

DATE NIGHT IS CRUCIAL FOR A HEALTHY,
“ON-PURPOSE” MARRIAGE.

WHAT ARE DATES AND WHY ARE THEY IMPORTANT?

DATE (NOUN) /DĀT/: ANY _____ TIME SPENT TOGETHER FOR THE SAKE OF TIME SPENT TOGETHER.

OR, ANOTHER WAY TO DEFINE IT:

Designated
A lone
Time for
Enjoyment



THE POINT OF
DATES IN MARRIAGE IS
Connection,

LET'S NOT FORGET:

The Date Night Quiz

When the statements below are read on the video, give a “thumbs up” if you think it’s true, or a “thumbs down” if you think it’s false.

- If you both get it right, kiss each other on the lips!
- If you both get it wrong, have a five-second pillow fight!
- If one is right and one is wrong, the person who got it right gets to choose the place the wrong person kisses them!



DATE NIGHTS HAVE TO BE DONE AT NIGHT.



DATE NIGHTS ARE ALL ABOUT GOING OUT.



YOU DON'T HAVE TO SPEND MONEY ON DATE NIGHT.



YOU SHOULD TRY TO UP YOUR GAME AND FIND SOMETHING MORE NOVEL OR FUN THAN THE LAST DATE NIGHT.



WHO YOU ARE WITH IS MORE IMPORTANT THAN WHAT YOU DO ON DATE NIGHT.



IT'S THE HUSBAND'S JOB TO PLAN THE DATE NIGHT.



YOU DON'T HAVE TIME FOR DATE NIGHT.

THE FACTS OF **DATES** IN MARRIAGE

Dates should be on purpose.

- Avoid falling in the trap that any time spent together is a date.
- The intention should be purely for the sake of time spent together.
- Call the date “a date.” It’s a title of intention. Hey, let’s have some date time!

Dates can be planned or spontaneous.

- It’s obviously okay to plan a date ahead of time.
- Feel free to call.

Dates don’t have a time limit.

- Whether it’s a 20-minute break from work or a weekend-long trip
- The point is CONNECTION!

Traditional date nights are fine!

- Go all out with dinner, dancing, the works!
- Just don’t feel confined to these kinds of dates.



“

DATES GOT YOU TO A PLACE WHERE YOU WANTED TO MARRY EACH OTHER. IF YOU WANT TO STAY MARRIED, THEN **KEEP DATING YOUR SPOUSE!**

ANDY TRAUB

DATE JOURNEY JOURNAL

DATE OF DATE

PLACE

WHAT WE DID:

WAS THIS INTENTIONAL TIME SPENT TOGETHER FOR THE SAKE OF TIME SPENT TOGETHER?

YES

NO

RATE THE DATE:

WORST

BEST



SPOUSE'S NAME

1

2

3

4

5



SPOUSE'S NAME

1

2

3

4

5

THE BEST PART OF THIS DATE:

WOULD WE DO THIS DATE AGAIN?

YES

NO



DATE JOURNEY JOURNAL

DATE OF DATE

PLACE

WHAT WE DID:

WAS THIS INTENTIONAL TIME SPENT TOGETHER FOR THE SAKE OF TIME SPENT TOGETHER?

YES

NO

RATE THE DATE:

WORST

BEST



SPOUSE'S NAME



SPOUSE'S NAME

THE BEST PART OF THIS DATE:

WOULD WE DO THIS DATE AGAIN?

YES

NO



DATE JOURNEY JOURNAL

DATE OF DATE

PLACE

WHAT WE DID:

WAS THIS INTENTIONAL TIME SPENT TOGETHER FOR THE SAKE OF TIME SPENT TOGETHER?

YES

NO

RATE THE DATE:

WORST

BEST



SPOUSE'S NAME



SPOUSE'S NAME

THE BEST PART OF THIS DATE:

WOULD WE DO THIS DATE AGAIN?

YES

NO



DATE JOURNEY JOURNAL

DATE OF DATE

PLACE

WHAT WE DID:

WAS THIS INTENTIONAL TIME SPENT TOGETHER FOR THE SAKE OF TIME SPENT TOGETHER?

YES

NO

RATE THE DATE:

WORST

BEST



SPOUSE'S NAME



SPOUSE'S NAME

THE BEST PART OF THIS DATE:

WOULD WE DO THIS DATE AGAIN?

YES

NO



CONCLUSION

BE INTENTIONAL ABOUT DATING YOUR SPOUSE ON THE REGULAR.



Looking for a guided date night experience? Check out our **Free Facebook LIVE Virtual Date Nights**. Each date is packed with fun activities that will unlock the keys to a happier, healthier marriage and deepen the connection with your spouse!

GET STARTED

LET'S NOT FORGET:
