

marriage



ACTIVITY
DATE NIGHT DISCUSSION

**Faith at
home**

Date Night Discussion Guide

A date night discussion guide for husbands and wives to encourage and build each other up with words of affirmation.

Advance Preparation:

Schedule a dinner or coffee date. This can also be a date night at home after putting the kids to bed.

Each spouse should spend a few minutes writing down their own responses to the “Did You Know” statements on the reverse side.

Optional: Write your affirmations on a card that you can give to your spouse as a keepsake.

During the Date:

Take turns reading your answers to the statements aloud.

DidYou Know?

1. A character quality I admire in you is...

(i.e., patience, diligence, sincerity, kindness, honesty, humility)

2. I appreciate the simple ways you serve me by...

(i.e., sacrificing hobbies, helping with the children, making coffee in the morning, working to provide, managing the household)

3. Something I love about you is...

(i.e., how you play with the children, your thoughtfulness, your sense of humor, how you care for others, your passion for life)

4. One way I've seen you grow closer to God is...

(i.e., your self-discipline, your compassion for others, how you pray, taking us to church, your desire to read the Bible, your selflessness)

5. I feel most refreshed by you when...

(i.e., you rub my shoulders, we go shopping together, we kiss, you wink at me)

Read these verses together and discuss the blessings of encouraging each other...

1 Thessalonians 5:11

“Therefore, encourage one another and build each other up.” (Encouraging words will build up my spouse)

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Proverbs 11:25

“...he who refreshes others will himself be refreshed.”

(Refreshing my spouse refreshes me)

Hebrews 3:13

“But encourage one another daily...so that none of you may be hardened by sin’s deceitfulness.” (Intentionally affirming my spouse keeps our hearts soft)

