



CARPET PICNIC

This date is all about fun. The goal is for you to laugh together. That's it!

GET READY:

If you have kids, wait until they are asleep, out of the house, or at least out of the room. You and your honey are experiencing dinner, indoor picnic style. Grab a blanket, dinner, and find a spot on the floor.

DO IT:

As you enjoy your picnic, fill in the following Mad Dibs.

John and Debbie loved date nights because they were always very _____. On
ADJECTIVE

their dates, John always wore a/an _____ article of clothing, because it made
ADJECTIVE

him feel _____. Debbie always wore _____ clothing, because it
FEELING ADJECTIVE

made her feel _____. John always did the _____, which made him
FEELING TYPE OF DANCE

look _____. Debbie always did the _____, which made her look
ADJECTIVE TYPE OF DANCE

_____. Their two favorite things to do on their dates were _____
ADJECTIVE VERB ENDING IN "ING"

and _____. They always ended their dates by making out under the
VERB ENDING IN "ING"

_____ _____ . When people ask them the secret to their marriage, they
ADJECTIVE NOUN

always say, "Never _____ while wearing _____. When you fight, make
VERB PLURAL NOUN

sure you always _____ afterward. And never stop dating, because dating always
VERB

makes your marriage _____.
ADJECTIVE

DARE ME:

Each spouse plays one song for the other person to dance to, by themselves, for 45 seconds. Can't think of a song? (Think "She's a Maniac" from Flashdance, "Can't Touch This," or "Ice, Ice, Baby.")

PICTURE IT:

Take a funny picture of yourself with your spouse's phone and make it his or her wallpaper.

GAUGE:

Each of you answer the following question:

WHICH OF THESE BEST DESCRIBES YOUR CURRENT RELATIONSHIP AND WHY?

- ☐ Mac and Cheese
- ☐ Meat and Potatoes
- ☐ Chips and Salsa
- ☐ Peanut and Butter
- ☐ Thai Food and Tums
- ☐ Donuts and More Donuts
- ☐ Mentos and Diet Coke

KEEP IT GOING:

Ask each other the question above once a week until your next date. This question has the potential to radically shape your awareness of your spouse's feelings. If you are on the same page with your answer to this question, we're sure you'll see less of the bad drama and more of the good.





DESSERT & A MOVIE

This date is about cuddling up, eating a great dessert, and taking full advantage of the pause button.

GET READY:

If you have kids, wait until they are asleep, out of the house, or at least out of the room. We suggest you eat a light dinner, so you can enjoy your dessert with your movie. Husband, it's your job to get the movie and dessert. (Score some bonus points and get that chick flick she's been dying to see.)

DO IT:

Now cuddle up with your sweetheart, and enjoy your movie and dessert.

DARE ME:

Once you have finished your dessert, you each have two times to pause the movie and kiss for 30 seconds.

PICTURE IT:

Take a picture of the two of you to remember the night. Cuddle, cuddle, cuddle. Post it to Facebook, Twitter, and/or Instagram, and let everyone know how much you love your boo. You can also spread the love by posting this date.

GAUGE:

Once the movie is over, rate yourselves individually on the following.

HOW RESPECTED/LOVED DO YOU FEEL:

At Work:

★ ★ ★ ★ ★

In your friendships:

★ ★ ★ ★ ★

Being a Father/Mother:

★ ★ ★ ★ ★

Being a Husband/Wife:

★ ★ ★ ★ ★

KEEP IT GOING:

Each of you share one thing that makes you feel loved and one thing that makes you feel respected. Be honest and be open, and don't get defensive. Now, try to do one of those things for your spouse this week at least once.





SHOT IN THE ARM

Every marriage needs a little shot in the arm, and that is what MarriedPeople dates are all about. There are also a lot of kids who need a shot in the arm. Because this date is taking place at your home, you are saving money. We want to encourage you to take the \$20 you would have spent on the movies and give it to Compassion International. Compassion International will use that money to provide immunizations and similar health benefits for kids in poverty around the world.

GET READY:

If you have kids, wait until they are asleep, out of the house, or at least out of the room. Have dinner from your favorite restaurant delivered, or pick it up to go. Decide what game you want to play (e.g., Twister, checkers, Monopoly, MarioKart on Wii, etc.).

DO IT:

Enjoy your dinner, then play your game(s). Then go to Compassion.com/marriedpeople and donate to give kids a shot in the arm!

DARE ME:

Go into a closet, shut the door, and make out for two minutes.

PICTURE IT:

The first person to find a printed photo of just the two of you when you were dating wins 30 minutes all by him/herself at some point next week.



GAUGE:

When, if ever, have you felt close to God, and why?

HOW CLOSE DO YOU FEEL TO GOD CURRENTLY?

1 2 3 4 5 6 7 8 9 10

KEEP IT GOING:

Ask your spouse, "What is one thing I can pray about for you this week?" Then give your spouse a shot in the arm by praying for him/her every day this week.





YES, CHEF

You'll need to read through the date and make sure the recipe works for your honey and that you have all of the ingredients. Remember, this is fun—DO NOT get into work mode.

GET READY:

If you have kids, wait until they are asleep, out of the house, or at least out of the room. You guys are enjoying dinner alone tonight. Grab an apron, get your ingredients ready, and find a blindfold.

While getting ingredients ready for dinner, answer these Would-You-Rathers:

WOULD YOU RATHER . . .

- Get a dream vacation for two weeks, or spend five days with anyone in the world, but you must stay in your hometown?
- Visit Iceland or Bora Bora?
- Free Starbucks for a year or free iTunes music for a year?
- Live in an igloo or in a tepee?
- Have a five-star restaurant personal chef who can prepare any meal at any time of the day, or have a chauffeur who drives you to and from anywhere you want in any vehicle you choose?

DO IT:

Determine who will be the head chef and who will be the sous chef. The sous chef wears the blindfold and follows the directions from the head chef. Cook your favorite healthy meal together, or try this one:

INGREDIENTS:

Fish

2-4 Tilapia Filets
Butter
Old Bay seasoning

Salad

Mixed greens
Candied pecans
Feta cheese
Balsamic vinaigrette

Take tilapia and add gobs of healthy, vegan butter, plus Old Bay seasoning, and wrap in foil. Bake at 350° for 20-25 minutes. Mix the salad as you wish.

DARE ME:

As you eat your delicious dinner, answer the following questions:

- What was the most difficult part of being blindfolded?
- Did you trust your spouse's direction?
- How could you have improved the communication?

PICTURE IT:

If you don't have a picture of your wedding day on your phone, stop what you are doing and get one now. It's a great reminder!

GAUGE:

Rate yourselves individually on the following, with 10 being the healthiest:

EATING	1	2	3	4	5	6	7	8	9	10
SLEEPING	1	2	3	4	5	6	7	8	9	10
EXERCISE	1	2	3	4	5	6	7	8	9	10

KEEP IT GOING:

Sometime in the next week do one of the following together:

- 8-minute abs (YouTube Video)
- Go for a 10-minute walk after dinner
- Eat oatmeal for breakfast
- Go to bed early

** While blindfolded, you may experience darkness. If this condition remains for more than four hours, please contact your spouse, as he or she may have left the room.*

