

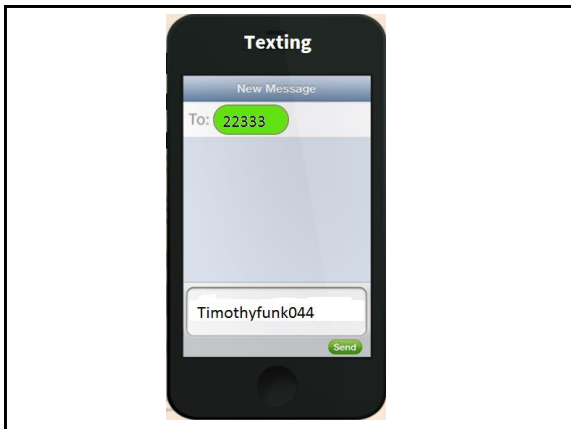


# DATE NIGHTS & INTENTIONALITY



Apostolic Christian Counseling And Family Services  
877-370-9988 – [www.accounseling.org](http://www.accounseling.org)

Poll Everywhere – How many couples here purposefully schedule date nights?

## Purpose of Date Nights

### Definition of Date\*

- an appointment to meet at a specified time
  - i.e.- set up a date with her lawyer
- a social engagement between two persons that often has a romantic character
  - i.e.- asked her out on a date
- a person with whom one has a usually romantic date
  - i.e. - bringing a date to the dance

\*MIRIAM-WEBSTER.COM

Poll Everywhere – What is the biggest hindrance to scheduling date nights?

## Intentionality & Marriage

- What is “steering” my marriage? How do I know?
  - Schedule?
  - Kids?
  - Relationships?
  - Church?
- Who is helping us (my spouse & I) “navigate” our marriage?
- What is the vision for your marriage? Theme verse?
  - “What you put into your marriage, is what you’ll \_\_\_\_\_.”

## Pursue Together Compromise Regularly

- Pursuing life together is MUCH more fun!
- Created different yet together.
  - Appreciate the passions of your spouse-even if they are different!
  - Think back to when you first were attracted to each other and engaged...
    - What did you pursue together?
    - What made your heart stop?
    - What did you have in “common”? ☺

Compromise Regularly

## Poll Everywhere – Ideas

## Connect Regularly

### Daily

- What time of day works best for you both?
- Only logistics? Other...

### Weekly

- Is there a weekly time you hold sacred? When planning schedules remember to look ahead & what’s in front of you...

### Monthly

- How can you make one date night/month possible?
- What will it take...?

### Annually

- What kind of supports are needed to have a yearly getaway?
- Same location? Varied?

## Poll Everywhere-What do we talk about?