A close up of a logo

Description automatically generated

Marriage Date Night

***Refresh***

**Best Use**

A date night discussion guide

**Nutritional Value**

Husbands and wives build each other up verbally.

**Advance Preparation**

* Schedule a dinner or coffee date.
* Each spouse should spend a few minutes completing and writing down their own responses to the “DID YOU KNOW” statements on the reverse side.

**During the Date**

Take turns reading your answers to the statements aloud.

**Did You Know**

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

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

1. **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*)

1. **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)*

1. **One way I’ve seen you grow closer to God is. . .**

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

1. **I feel most refreshed by you when. . .**

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

1. **OPTIONAL: Come up with your own “Did you know” comments. . .**

**Going Further**

Read these verses together and discuss the blessings of obedience. . .

• 1 Thessalonians 5:11 –*“Therefore, encourage one another and build each other up.”*

(refreshing words will build up my spouse)

• 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 refreshing my spouse keeps our

hearts soft)