

HOW TO SAY "I LOVE YOU"



PURPOSE

As a date night discussion guide to help couples identify practical ways they can communicate love for each other

ADVANCE PREPARATION

- Schedule a dinner or coffee date.
- Each spouse should spend a few minutes writing down their own answers to the questions on the reverse side.

DURING THE DATE

Avoid the temptation to blame each other (your kids or anyone else) for your relationship not being as "magical" as it once was. The purpose of this activity is for the two of you to enjoy shared memories and then to discuss doing some of those things you used to enjoy.



REMEMBER WHEN

If you are a parent, remember when your family was much smaller—when it was just you and your spouse? Remember when you used to go to movies that weren't made by Disney or Pixar? When eating out didn't include happy meals? If you don't have children, remember the early years of your relationship, when things were more spontaneous and a little adventurous?

One way to spark some freshness into your marriage is to reflect on the early days of your relationship and revisit some of the things that you enjoyed doing as a couple. Take a stroll down memory lane—reminisce together about the beginnings of your relationship—and talk about reliving them again.

Complete the following statements and share them with your spouse on your date:

1. The two qualities that attracted me to you when we first met were...

2. The funniest thing/moment I remember from our dating was...

3. When we were dating, it really warmed my heart when you would...

4. List three fun things you used to do as a couple that you haven't done in a while. Circle one that you would like to try again and put a date on the calendar to go do it!

PRAYER

After sharing your answers with one another, hold hands and pray this prayer together...

"Lord, thank You for bringing us together as husband and wife. Thank You for the good memories we share of how You brought us together. Please bring a fresh dose of fun, laughter, and joy to our relationship. Amen."