

# Design a Date

## It's Time to Go to School

September means “back to school” and this date night gives you the opportunity to do some learning.

As we age, as life circumstances change, as kids get older, as we mature in our faith, as we learn more about ourselves, our thoughts, feelings, likes, and dislikes change. Because of this, it's good to “go to school” and re-discover what's going on inside your spouse's head and heart.

Set aside a date night to “go to school” together and share your answers to these questions:

In this season of life...

- ...what brings you the most joy?
- ...what stresses you out most?
- ...what is your favorite food?
- ...what does a perfect day off look like for you?
- ...how often would you like to make love?
- ...how do you feel about your spiritual life?
- ...how can I be praying for you?
- ...what would you consider to be a perfect date night?

Fill in the blank:

In this season of life:

- ...when I think of myself 10 years ago and I think of myself today, I've changed in this way \_\_\_\_\_
- ...I miss \_\_\_\_\_ that we used to do.
- ...I love this about you \_\_\_\_\_
- ...I love this about our marriage \_\_\_\_\_
- ...I don't like this about our marriage \_\_\_\_\_
- ...I love it when you wear \_\_\_\_\_
- ...I would love for us to \_\_\_\_\_
- ...I'd love for our next date to be \_\_\_\_\_
- ...I'd love for our next couples getaway to be \_\_\_\_\_

Current Sizes

Shirt Size \_\_\_\_\_

Pants Size \_\_\_\_\_

Shoe Size \_\_\_\_\_

Remember that this is a learning opportunity and not a time to solve problems, disagree, or point out things to your spouse. Appropriate responses when your spouse is sharing include, “That's good to know,” or “Tell me more,” or “Thanks for sharing.” Maintain eye contact to listen with your whole body and let your spouse know he/she has your full attention.