

Strong Marriage Plan

Best use

As a date night discussion guide

nutritional value

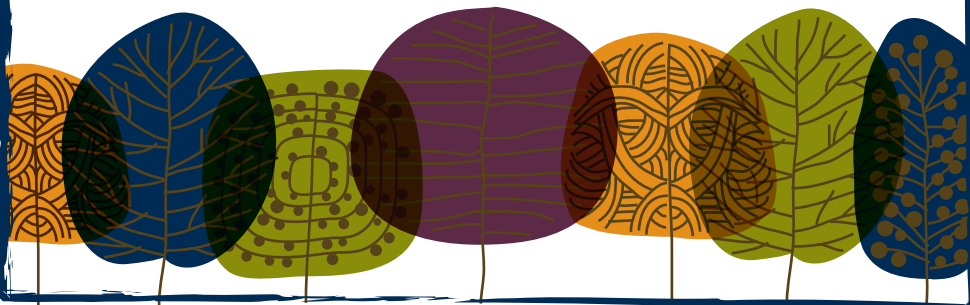
Helps you plan what activities and time slots to protect during the coming months in order to build a strong marriage.

advance preparation

- Schedule a dinner or coffee date.
- Find your calendar or smart phone to bring on the date.
- Each spouse should spend time identifying several priorities to put on the calendar for the next few months (see reverse for ideas).

during the date

1. Complete the questionnaire (on the reverse side) together.
2. Schedule dates and times on both calendars to make sure your strong marriage priorities trump other commitments.



STRONG MARRIAGE PRIORITIES

Every married couple needs to be intentional in several areas. Discuss the following questions together, then select an idea or create your own to put on your schedules.

How will we protect routine times for non-task-driven communication?

- ☐ Schedule an evening walk together twice weekly
- ☐ Schedule a date night twice monthly
- ☐ _____
- ☐ _____

Should we read a book, attend a class, or seek guidance to improve a specific area of our marriage?

- ☐ Shared vision and goals
- ☐ Better communication
- ☐ Romantic intimacy
- ☐ Managing money
- ☐ Parenting the kids
- ☐ _____
- ☐ _____

When do we think we will feel most stressed during the coming year so we can plan a weekend get-away together to recharge our batteries and rekindle romance?

Where would we like to go that we can afford? _____
Who could watch the kids or pets? _____

How can we help each other improve physically and emotionally?

- ☐ Work out together
- ☐ Eat out less often and cook healthy meals at home
- ☐ Give each other time alone with God by watching kids, etc.
- ☐ _____
- ☐ _____

When will we incorporate the habit of praying together into our relationship?

- ☐ At the end of evening walks twice weekly
- ☐ Before going to sleep each night
- ☐ _____
- ☐ _____