



# Summer Date Night Challenge



**Emotional Intimacy:**  
Gaining a Deeper Connection

## Quick Glance:

**Location:** Restaurant with a quiet atmosphere

**Cost:** \$30 or more

**Time:** 60 - 90 minutes

## Brief Description:

Enjoy some great food at a quiet restaurant as you talk and share about your emotional intimacy together.

## Ground Rules:

**No Phones:** Put your phones away and focus on each other and your conversation.

**Brutal Honesty:** Pledge to be completely honest with each other as you share together.

**Focus on Each Other:** Don't talk about work, household things that need to be done or your kids, if you have children.



# Opening Conversation & Action:

A few days before the date, decide what restaurant you want to eat at together. It could be your favorite place or possibly a new place you've been wanting to try together. If necessary, call ahead and make reservations.

Get ready for your date. As your getting ready or in the car ride to the restaurant, discuss these questions:

- My first reaction when I hear the phrase "emotional intimacy" is...
- When you think of being emotionally intimate, do you find yourself wanting to move towards that or away from it? Why?

Remember to listen to the other person when they are sharing without commenting back on their opinion.

## Main Action:

Once you arrive at the restaurant, get seated, place your order and soak in this moment that you get to share together.

## Main Discussion:

What is emotional intimacy?

Emotional Intimacy is the closeness and connection that is created through sharing each other's feelings, thoughts, and desires. This includes both verbal and non-verbal communication.

1. On a scale from 1-10, with 10 being the best, how would you rate our emotional intimacy? Why?
2. Ask your spouse, who do you feel it is ok to talk with when we are dealing with things in our marriage? Then ask, is there anyone you would like me NOT to talk to when we are dealing with things?
3. It's easier for me to talk to you about...
4. It's harder for me to talk to you about...
5. Ideally, when would be the best time during the day for us to talk?



6. My thoughts on going to bed angry are...

7. When our emotional intimacy is strong, I feel...

## Deeper Connection Challenge:

"...let each one of you love his wife as himself, and let the wife see that she respects her husband." - Ephesians 5:33

Husbands, ask your wife,  
"What are two ways I can love you better?"

Wives, ask your husband,  
"What are two ways I can respect you better?"

## Take Away:

What is one thing you'll take away from this conversation?

