



Summer Date Night Challenge



Physical Intimacy:

The Power of Touch

Quick Glance:

1. Take a long walk or hike - no cost. (20 - 30 minutes)
2. Picnic: Cost for picnic items for the picnic basket. (1 - 2 hours)

Ground Rules:

No conversations regarding family, children, work, or past disagreements.

Brief Description

Physical intimacy is the closeness and connection created through your loving touch.

It could include holding hands, kisses, cuddles, back massages, foot rubs, or any other non-sexual touch.

Opening Conversation & Action:

Prior to the long walk or hike. Go down memory lane and discuss what drew you to one another. Prepare the items needed for the walk/hike (backpack, water, bottles, etc).

If having a picnic, together prepare the items for the picnic basket. Making sure that you choose all items together.



Main Action:

Walk/hike if possible hold each other's hand.
Picnic - Setup the area with the appropriate items for meal.
While eating snuggle together, look into each other's eyes,
kisses and gently touch each other.

Main Discussion:

Be open minded about what is being said to you. Never make light of what your spouse is revealing to you. Always be encouraging.

Ask each other the following questions:

- On a scale from 1-10, with 10 being the best, how would you rate our physical intimacy? Why?
- When we were dating or first married, physical intimacy included...
- When you touch me, I feel?
- I want physical intimacy when?
- Physical touches are important to me because?
- What ideas do you have for increasing physical intimacy in our marriage?



Fun Challenge:

Spend at least 5 minutes exploring each other's faces.
Kiss each part of their faces that you love the most.

Take Away:

Share one thing that each of you enjoyed the most during your date.
Continue further discussions on new information you learned during your date.
Be intentional in displaying physical intimacy in the areas your spouse mentioned during your conversation.

