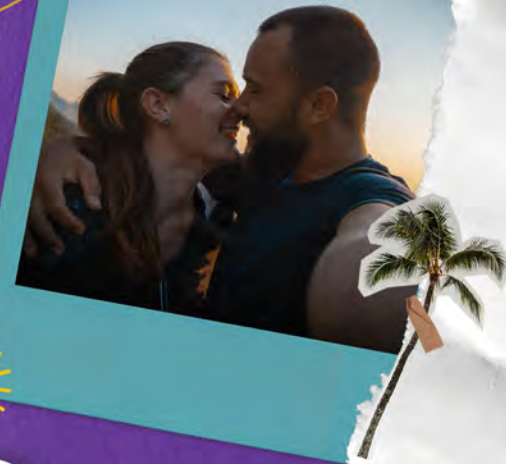




Summer Date Night Challenge



Recreational Intimacy: Connecting through a Shared Activity

Quick Glance:

This date can range in time & budget so discuss ahead of time what is reasonable for both. The most important factor is that you both agree on a FUN activity to do together.

Brief Description:

The focus of this date is to create connection and closeness by having FUN together doing an ACTIVITY you can both enjoy.

Ground Rules:

It might be helpful to each bring 2-3 ideas to discuss and choose from.
If you have very different interests, maybe throw them all in a hat and draw at random for your date night.
Once you pick an activity:
Go into it with a positive attitude and with the simple expectation of just having fun together.
No complaining if it's not your ideal activity.

Opening Conversation & Action:

On the way to your Recreational Date, each answer the following question:

In the past, what has been one of our most memorable/fun dates?

Main Action:

Spend 2-3 hours doing something recreational and fun together. This activity can range, from the mild (e.g., doing a crossword together) to the extreme (e.g., hang gliding), but it needs to be something you both look forward to doing together.

Recreational Date Ideas:

- Go for a hike
- Game night
- Visit a local museum
- Attend a Charlotte Knights baseball game (Friday night games include fireworks!)
- Take a dance lesson together
- Sign up for a cooking class
- Go to Carowinds (without the kids!)
- Bike ride through a local park
- Attend a local festival
- Be Tourists for the day & visit a new place
- Restaurant hop (each course in a different place)
- Go to an arcade
- Play putt-putt
- Attend a concert or local music venue to hear a new artist
- Visit the Whitewater Center

Main Discussion:

Often times couples enjoy more recreational activities when they are dating or before having kids but the fun doesn't have to stop after the "I Do".

Discuss the questions & your answers below to help brainstorm ideas for making recreational intimacy a priority.

1. On a scale from 1-10, with 10 being the best, how would you rate our recreational intimacy?

2. How would you describe the current level of fun in our marriage?
3. When it comes to spending time just the two of us, I feel:
4. I feel this way because:
5. These things keep us from spending time together:
6. In this season of life we are in now, the best times for us to have time for just the two of us are:
7. What can we do to get ourselves on the calendar FIRST?
8. Activities I enjoy:
9. Activities I would like to try with you:

Fun Challenge:

Take a fun selfie together highlighting your Recreational Date and either share to social media (use #beautifulmarriages) or each keep a copy of on your phone to look back and remember the fun you had!

Take Away:

Each discuss your favorite part of this date and one "take-away" from the discussion. Go ahead and look at your calendars to plan your next FUN date!

