



Summer Date Night Challenge



Spiritual Intimacy: Sharing Faith Together

Quick Glance:

Location: Somewhere quiet

Cost: \$0

Time: 30 - 60 minutes

Brief Description:

Spiritual intimacy encompasses all of your faith beliefs and spiritual practices. This can be as simple as praying together, going to church together or discussing spiritual issues as a couple.

Ground Rules:

Find a quiet space where you can talk without interruption.

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.

Opening Conversation & Action:

Get ready for your date and head out to your quiet place where you can talk together without interruption.

- When I first think of spiritual intimacy, I think of...
- When I think of sharing this aspect of my life with my spouse, I feel...

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

Main Discussion:

- On a scale from 1-10, with 10 being the best, how would you rate our spiritual intimacy? Why?
- When I think of us being spiritually intimate, I'd like us each to show up in the following way...
- When it comes to praying out loud or being spiritually intimate with my spouse, my first thought is...

Develop a Plan:

- What actions can we do to strengthen this intimacy? (attend church, worship together, pray together, participate in a LifeGroup, attend re|engage, serve or volunteer together)
- When will we be spiritually intimate? (in the morning, before meals, before bed, during church service, other)
- Why is this important? Answer this question: It's important to me that we are spiritually intimate because connecting in this way makes me feel...

Fun Challenge:

Close your time together by praying for each other. Ask your spouse how you can pray for them for this upcoming week, and pray out loud for each other.

Take Away:

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