

DIGITAL DATE NIGHT



UNIQUENESS

A N D A C C E P T A N C E

**WE ARE COMMITTED TO ASSISTING YOU IN
BUILDING A STRONGER MARRIAGE.
OUR CHALLENGE IS FOR EACH COUPLE
TO SCHEDULE ONE DATE NIGHT EACH WEEK
TO STRENGTHEN YOUR MARRIAGE.**

Hi everyone!

We hope you enjoyed spending time together doing our previous Digital Date Night activities. With so much negative news and social media it's important we maintain an attitude of gratitude. One of the most important things we can do in our relationships is to recognize and embrace the differences we each bring into our relationships.

We all know that quality time together is essential for a healthy marriage. We also know how easily time can slip by while we struggle to plan something outside the same old routine. Let's not make excuses, put other things before our marriages, or just accept that dates aren't happening. Let's instead be intentional about our marriages. That's why we're challenging you to make more time for weekly date nights, day dates, or mini dates. Our goal is to provide the support, you provide the time! Working together our marriages will become more fruitful and blessed!

Are you up to the challenge?

"And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching." ~ Hebrews 10:24-25

CALVARY CHAPEL



GREEN VALLEY

WHAT TO EXPECT:

To help provide you with some fun and meaningful time together we've collected activities, questions, games, and recommendations to help make your Digital Date Night more memorable. Feel free to pick out the selections that work best for you or take up the challenge to do them all over the course of a month.

IN ANTICIPATION...

- Start your preparations early. Feel free to dress up; we're doing this for us as well as our partner to feel better about ourselves.
Do we really want to be wearing elastic pants with holes on our date night?
- Pick a time and place. Figure out how you can create uninterrupted alone time with each other, taking a break from talking about the usual topics— money, kids, in-laws. This is not a time to take care of checklists, this is time to build your relationship.
- As much as humanly possible, stay off of technology (other than the content provided here of course). Commit to only taking a text or call only if it's an emergency. Everyone and everything will be okay.
- In many relationships, there is a talker and a non-talker. If you are married to a non-talker, when he/she talks tonight, they might not do it as well as you. Commit to listening to your spouse, be "slow to speak".

YOUR FIRST CHALLENGE:

Each take the following online Love Language* test to discover what each of your love languages is. Is your love language words of affirmation, acts of service, receiving gifts, quality time or physical touch? Learn each other's love languages and create a stronger bond in your relationship.

<https://www.5lovelanguages.com/quizzes/couples-quiz/>

Over dessert after the kids are asleep, discuss these questions together.

1. Which of these Love Languages are most important to you?
How can I best speak that language to you?
 - Words of Affirmation - I like to hear affirming words
 - Gifts - I feel most loved when I receive gifts
 - Quality Time - Your undivided attention is important to me
 - Physical Touch - Gentle appropriate touch really speaks to me
 - Acts of Service - Actions speak louder than words to me
2. I am impressed with how much you know about _____.
3. Something I find special about you that not many people get to see is _____.
4. What part of our marriage do you think makes God the happiest?
What do you think God wants us to change in our marriage?
5. If I prayed for you for five days in a row, what would you want me to pray?

* The Five Love Languages were taken from Gary Chapman's book, The Five Love Languages. To discover more about the five love languages, check out www.5lovelanguages.com.



DIGITAL MAD GAB

As a couple, dealing with differences such as how you communicate can be problematic. Sometimes it's not what you SAY, it's what you HEAR!

In this fun online Mad Gab game, you and your spouse are each challenged to decipher groups of unrelated words into real phrases before time runs out. You'll each have 20 seconds to sound out your phrase taking turns. Repetition is key. Try this: DEW WINO HUE. Repeat the words a few times aloud, and you're sure to guess that you are actually saying, "Do I know you?". Spur laughter as you each speak the strange language, and then say the answer without even knowing it!

WHAT YOU'LL NEED:

- A quiet place
- Something to keep score with
- Optional snack or beverage
- A smart-phone, computer, or smartTV with YouTube to play the link below.

LINK: <https://youtu.be/SXsnrEY1rH4>

CELEBRATE YOUR DIFFERENCES

How do you learn to adjust to the differences in your partner without losing who you are? How do you learn to appreciate your spouses uniqueness?

1. Make a conscious decision to appreciate the ways your spouse differs from you. The next time you find yourself wishing they would be more like you, start thinking about how that particular trait in your spouse is a benefit.
2. Let them know you appreciate their differences. Don't get into a fault-finding mode, noticing only where your spouse falls short. Take time to tell them what you most appreciate, and how grateful you are for that quality.
3. Thank God for their differences. It's God who brought you together for a purpose. Start thanking Him for those little differences.

Make a purposeful decision to start celebrating those very same differences. It will bring about a shift in your perspective, and help you work together with them to be the power team that God created you to be.

PRAYER FOCUS: Take time to pray and thank God for these amazing differences.

Lord, We praise you that we are fearfully and wonderfully made. Help us be gracious to one another regarding areas where we are very different. Help us appreciate that we don't need to have the same personality or preferences. Teach us to recognize how different strengths, different abilities, and different ways of looking at things that complete our relationship. Amen.



LOVE LANGUAGE ACTIVITIES

PHYSICAL TOUCH SIGNS

- Your spouse loves to snuggle or always chooses to sit next to you on the couch.
- Frequently grabs your hand to hold it, leans on you, or rubs you in an affectionate way.
- Loves to snuggle, cuddle, and be close especially before, during, and after love making.

DATE IDEAS FOR PHYSICAL TOUCH

- Find a beautiful location for walking, stroll holding hands and watching the sunset after a nice dinner.
- Watch a movie at home snuggled on the couch.
- Have a romantic spa night at home. Get a babysitter or put the kids to bed and draw an aromatherapy bath to take together and give each other massages.

WORDS OF AFFIRMATION SIGNS

- Your spouse is highly motivated by your words of encouragement.
- They tend to feed off the validation of others.
- Compliments and praise are like fuel to their soul.

DATE IDEAS FOR WORDS OF AFFIRMATION

- Set up a scavenger hunt date with notes that say something special about your spouse as they find each clue and location.
- Ask your spouse on your date by sending a loving video text message.
- Ask them what would be their dream vacation. And surprise them by recreating that vacation locally or even at home. This shows that you hear them and want to make their dreams come true.

QUALITY TIME SIGNS

- Your spouse frequently asks to spend time with you and loves planning and asking you out on dates.
- Every time you turn around – they're checking in on you.
- They generally don't like being alone and will ask for company from you or the kids anytime they go out.

DATE IDEAS FOR QUALITY TIME

- Have a picnic in the park, back yard or living room.
- Go for a run, hike, bike ride, or long walk together. This can be a day date for exercise and fun.
- Visit a local museum or enjoy a virtual tour.

GIFTS SIGNS

- Your spouse sees receiving gifts a special moment.
- On big gift giving days like Christmas and Birthdays, they'll often remember who gave each and every gift.
- They have a hard time getting rid of old stuff from their childhood.

DATE IDEAS FOR GIFTS

- Go on a mini-shopping spree buying things for each other or stuff for your home together.
- Learn a new skill together like painting or crafting and give each other your finished projects.
- Design a custom matching bracelet or necklace set.

ACTS OF SERVICE SIGNS

- Your spouse feels accomplished when they've completed tasks around the house that are normally your chores.
- They will naturally look for ways to help others.
- Doing the same in return goes a long way!

DATE IDEAS FOR ACTS OF SERVICE

- Do all your spouse's regular chores and then take them out on one of these date night ideas to celebrate all their new free time.
- Do a home decor DIY project together.
- Have a plan to go around and do random acts of kindness for others.

WOULD YOU RATHER COUPLE QUESTIONS

Here is a great way to get into some amazing conversations by just asking "why" after a would you rather question. You'll get some very interesting answers and probably learn a lot more about your spouse and their differences.

1. Would you rather hear a baby laugh or feel a cat purr? _____
2. Would you rather smell a rose or watch a sunset? _____
3. Would you rather have chocolate or caramel? _____
4. Would you rather be able to be invisible or to read people's minds? _____
5. Would you rather have your favorite food every day of the year or not eat it at all for a year? _____
6. Would you rather have salty buttered popcorn or sweet caramel popcorn? _____
7. Would you rather fly to the moon or visit the depths of the ocean? _____
8. Would you rather know all the capitals in the world or all the currencies in the world? _____
9. Would you rather see a rat or a snake? _____
10. Would you rather be inside when it's raining or outside when it's sunny? _____
11. Would you rather earn a high salary doing work you hate or small salary doing work you love? _____
12. Would you rather have no Facebook for a year or read no books for a year? _____
13. Would you rather always be late or always be early? _____
14. Would you rather spend \$5,000 or save \$5,000? _____
15. Would you rather be able to sing or be able to draw? _____
16. Would you rather have burgers for dinner or fine cuisine for dinner? _____
17. Would you rather work from home or from the office? _____
18. Would you rather have your phone or your car? _____
19. Would you rather have the most loyal dog in the world or friends? _____
20. Would you rather forget the worst moment of your life or remember the best moment of your life? _____
21. Would you rather be 20 for the rest of your life or 40 for the rest of your life? _____
22. Would you rather go out for date night or do date night at home? _____
23. Would you rather have date night every week or date night every month? _____
24. Would you rather do dinner and movies or play 10 pin bowling? _____
25. Would you rather have a kiss every day or a hug every day? _____



DULL TO DYNAMIC DATE NIGHTS

GROCERY STORE GAMES

Who said you can't make chores fun? For many people, trips to the grocery store can be a total drag and something that you really dread doing. So change it up! Turn a trip to the grocery store into a competition between you and your partner to shop the quickest or find the best deals. You can split up the list equally and go from there. You can knock out a not-so-fun errand together and try to make it fun. Though this game is very light-hearted in nature, it can help you get to know your partner better by seeing how they shop and interact with people in the store.

BLIND DATE GAME

The blind date game is another fun way to break up your routine and try something new. You and your partner both write down five possible date night ideas (these can range from a movie night in/Netflix and chill to a fancy dinner out) and then select one at random whenever you are feeling spontaneous and can't decide exactly what to do.

VIRTUAL MUSEUM TOURS

Stuck at Home? Take turns picking a virtual museum tour with online exhibits from the comfort of your home. Below is just a sample to get you both outside your comfort zones adding a little culture and education with fun along the way.

BRITISH MUSEUM, LONDON

This iconic museum located in London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies. <https://britishmuseum.withgoogle.com/>

NATIONAL GALLERY OF ART, WASHINGTON, D.C.

This famous American art museum features two online exhibits through Google. The first is an exhibit of American fashion from 1740 to 1895. The second is a collection of works from Dutch Baroque painter Johannes Vermeer. <https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>

THE METROPOLITAN MUSEUM OF ART

The largest art museum in the U.S. contains over 2 million works from classical antiquity and ancient Egypt, paintings and sculptures from nearly all the European masters, and an extensive collection of American and modern art. <https://artsandculture.google.com/partner/the-metropolitan-museum-of-art?hl=en>

NATIONAL AIR AND SPACE MUSEUM

The National Air and Space Museum is a center for the history and science of aviation, spaceflight, planetary science, terrestrial geology, and geophysics. <https://airandspace.si.edu/stories/editorial/your-tour-through-national-air-and-space-museum>

AMERICAN BATTLEFIELD TRUST VIRTUAL BATTLEFIELD TOURS

Experience 360-degree virtual tours of more than 20 American Revolution and Civil War battlefields. <https://www.battlefields.org/visit/virtual-tours>



DATE NIGHT DINING ALTERNATIVES

Now more than ever, date night means dinner at home away from the crowds. If you're weary of fast food fare, rest assured there are plenty of options for more unique and romance worthy delivery and takeaway in the Henderson and Vegas area.

BJ'S RESTAURANT & BREWHOUSE

For just \$6 each, you can order Delivery or Take Out ready-to-heat-and-eat meals. Each one is freshly prepared, portioned and chilled in a microwave-safe container. Take home up to 5 with a \$9.95 minimum purchase. Select take-home entrees include: Deep dish ziti, Grilled chicken alfredo, Spicy peanut chicken with soba noodles, Jumbo spaghetti and meatballs, Fire-roasted barbacoa chicken, Vegetarian turmeric-cauliflower and quinoa
<https://www.bjsrestaurants.com/menu/6-chilled-take-home-entrees?>

RED LOBSTER FAMILY MEAL DEALS

These new Family meal Deals serve up to 4 and start at just \$7.99 per person for both pick-up or delivery! Choice from a variety of pallet pleasing picks such as Shrimp or Chicken Linguini Alfredo, Seaside Shrimp Trio, Ultimate Family Feast, and many others.
<https://www.redlobster.com/menu/family-meal-deals>

CAESARS PALACE

If you want to go big, do a pickup run at Caesars Palace. Three of the resort's top restaurants are now offering Take-N-Bake meals to go with at least two hours notice. Order Gordan Ramsay's Beef Wellington with potato puree and glazed root vegetables from Hell's Kitchen, penne alla vodka with meatballs from Rao's, or a half-lobster baked with creamy spinach and lemon aioli with a Caesar salad from Old Homestead, and many others.
https://www.caesars.com/caesars-palace/restaurants/food_to_go#.YDUvmGhKgYo

BLAZE PIZZA

Everything you need to recreate your favorite Blaze Pizza in your own kitchen. Includes, dough ball, dusting flour, sauce and up to seven toppings.
<https://www.blazepizza.com/location/blaze-pizza-henderson-2/menu/new-diy-pizza-kits>

AHERN HOTEL

Offering restaurant meals with curbside pickup in the \$2.50 to \$14.99 range. Options include a marinated flank steak, roasted Scottish salmon, oven-roasted chicken, braised beef short ribs, a vegetarian lasagna and ravioli, and chicken kabobs. Kid's meals are priced at \$9.99 with a choice of chicken fingers and fries, roasted chicken or salmon fillet with mashed potatoes, or a children's portion of spaghetti with choice of marinara, alfredo, or Bolognese meat sauce. (725) 214-4950.
<https://ahernhotel.com/dining/>