

Ahhh...you did it. You made the time to go out on a date. You could be spending time WITH people from work, WITH your kids, with (fill-in-the-blank). But you got crazy, you made time to be WITH each other, only WITH each other. You made time to have FUN WITH your spouse. Well done!

Here are a few suggested ground rules to make the most of your WITH time:

1. Do not talk about money, kids (if you have them), in-laws or any other potentially relationally deadly topics. If this feels awkward, you are not alone. That is why you are doing this.
2. Reconnect
3. Recharge
4. Relax

 get ready

On your way to dinner, start your **Feel With** time with a one-up fight. Men start with a silly topic and women one-up him, then keep it going until you are at the restaurant. This one may sound weird or even dangerous, but trust us on this one, it's good for a couple's soul. It shows how silly most arguments really are. Here's an example to get you going:

- "My hangnail really hurts."
- "You think your hangnail hurts, you ought to have to live with this tennis elbow."

Remember, the fight has to be about dumb stuff, nothing serious.



 go out

Right now you are going to communicate your feelings without having to talk about your feelings. (Yes, men came up with this section.) 🤦

Emoticon Moments

Both of you fill in the following blanks with one of the emoticons on the last page of this date, or feel free to draw your own. Here's the catch. Your spouse can have no response—and try to keep things from getting too intense.

When you affirm me, it makes me feel _____ .

When I met you, I felt like _____ .

When I decided you were the one, I felt _____ .

On our wedding day, I felt _____ .

On our honeymoon, I felt _____ .

When we have tension, I feel _____ .

When I'm at work (paid or not), I feel _____ .

When I'm at home, I feel _____ .

When I'm at home, I wish I felt more like _____ .

What can I do to make you feel more 😊 ?

feel with

Tips on Tipping:

- If you are in a tipping situation, make Jesus look good and tip well.
- If a comment card is available, leave positive feedback about your server. (If you pick up food at the grocery store, leave a positive comment at customer service.)



dare me

Now it's time for dessert. Marriage has a bad reputation, so do your part to change that. Order dessert and kiss until the server or someone behind you says, "Excuse me but your food is ready." Once they say that, you say something to the effect of, "Oh sorry, you know how us married people are, always making out in public."



keep it going

- Ask yourself, "What can I do this week to make my spouse feel more 😊?" (Make yourself a reminder on your phone, tie a string around your finger, hire a carrier pigeon, but don't forget.)
- Date it forward by determining who you FEEL would go out on this date if you gave it to them. Give it to them tomorrow.
- Share a fun dating couple (selfie with two people) on social media using #mpdates.



feel with

