

A dark, richly grained wood door with a large, ornate metal ring pull and a keyhole. The ring pull is made of twisted metal and is mounted on a decorative metal plate. The keyhole is also ornate, with a decorative metal plate around it. The door is the central focus of the image.

FOR YOUR
NEXT
DATE NIGHT

GUY'S
EYES ONLY



FOR GUYS

Well done getting involved in tonight's date night. We certainly hope that you and your wife had a great night. As we're sure you know, one great date does not make a great marriage. One of the best practices we've seen when it comes to cultivating a great marriage is consistency. When a husband consistently makes attempts to honor and cherish his wife, typically these efforts are appreciated and responded to well. As husbands, it is great to remember that we don't always have to plan big, extravagant date nights. Small, consistent deposits often elicit the same response and communicate love more than large and inconsistent deposits.

With that in mind, here are some great practical ideas for some things to do to pursue your wife in the days ahead. In his book "Love and Respect," Dr. Emerson Eggerichs uses the acrostic "COUPLE" to describe six practical ways to love your wife based on Ephesians 5:33, "However, let each one of you love his wife as himself, and let the wife see that she respects her husband." (ESV):

Closeness – *She wants to be close to you.*

Practical: At some point this week, just sit next to her on the couch while watching TV and put your arm around her, or hold her hand, or rub her feet, etc. Non-sexual touch communicates love.

Openness – *She wants you to open up to her.*

Practical: When our wives ask us how our day was, they want to know more than just the scheduling details. They want to know what you were thinking and feeling throughout the day. At some point this week, when talking about your day, open up to her and tell her what made you feel happy about your day or what made you feel anxious about your day or what made you feel insecure about your day. Sharing what is going on in your heart and head communicates love.

Understanding – *She wants to be listened to and not fixed.*

Practical: When you get home from work one day this week, make a point to ask her questions about her day and really listen. Ask follow up questions. Ask her how certain events made her feel. Asking questions and listening often helps more than giving our solutions and communicates love.

Peacemaking – *She wants you to initiate reconciliation.*

Practical: If you and your wife get into conflict this week, take the lead and initiate reconciliation, even if it is not your fault. Initiating reconciliation communicates that you want there to be peace and connection in your relationship and communicates love.

Loyalty – *She needs to know you're committed.*

Practical: At some point this week, write your wife an email, send a text message, and/or leave a note that says, "I love you and I'm so glad I get to be married to you." These are words your wife needs to hear often. These are words that communicate commitment to the relationship. When she knows you are committed, she feels loved.

Esteem – *She wants to know you honor and cherish her.*

Practical: At some point this week, verbally communicate your appreciation for something your wife has done around the house. In addition, make it a point to brag on her to one of your buddies or co-workers (then of course tell her you bragged on her). This doesn't need to be forced and cheesy, just appreciate something about her and tell her. When she knows you appreciate her, she feels loved.

Congrats if you went 6 for 6! Your wife told us she won't mind at all if you repeated these again!

FUTURE DATE NIGHTS

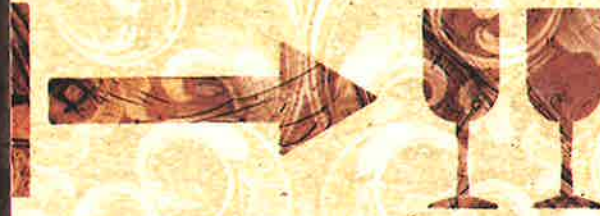
Here are two great ideas for future date nights. Take the lead on these and get them on the calendar. Your wife will feel loved:

Mirror Mirror on the Wall

Use a dry erase pen (or buy one if you don't own one) and starting 3 days before your date with your wife, start playing this little game. First, pick a restaurant that you want to take her to and don't tell her the name. Let's assume your date is on a Saturday. On Wednesday morning, write her a sweet note on the mirror and ask her to pick a number between 1-10 and ask her to tell you her choice at some point on Wednesday. On Thursday, ask her to pick any letter of the alphabet and ask her to tell you her choice at some point on Thursday. On Friday, put the name of the restaurant you chose on the mirror, but scramble the letters and let her try to figure it out. If the name of the restaurant is short and it will be obvious, add something like, "Thai Food at De Rice" and scramble all of those letters. What do you do with the number between 1-10 and the letter? Anything you want... for example, go buy a gift that starts with the letter she gave you and the cost has to be the number she gave you (if she chose the letter "L" and the number 3 – go buy \$3 worth of Lemonheads candy). Have fun and be creative in a way that would bless her.

Progressive Dinner Game

Go to watermark.org/datenight and download "The Progressive Dinner Game." This file contains 3 sheets of paper: (1) "Appetizers", (2) "Dinner" and (3) "Dessert." On each of these sheets of paper are 30 of Dallas' best restaurants for each of these items (different cuisines and price ranges are included). Use these three sheets of paper to plan a little progressive dinner game. First of all – break out the scissors and cut each sheet so that each restaurant is separated (i.e. you want 30 squares of appetizer locations, 30 squares with dinner locations and 30 squares with dessert locations). Second, put all of the appetizer locations into an envelope (or another fun/creative container) and then do the same with the dinner locations and the dessert locations. You should have 3 envelopes or containers – one labeled "Appetizers," one labeled "Dinner" and one labeled "Dessert." Third, pick a night for your date and the only thing to tell your wife leading up to the date is to dress "nice" and get ready to play a game. Finally, when you get into the car to go on the date, have your wife draw a square from the appetizer envelope/ container and go to that location for appetizers. After you are done having appetizers, have her draw a location from the dinner envelope/ container, etc. Feel free to edit the list or add to the list to ensure you will have locations that your wife would enjoy.



- For more information on Date Night Done Right, visit www.watermark.org/datenight
- For more information on Watermark's marriage ministry, visit www.dallasmarriage.org