

# DIGITAL DATE NIGHT

## WEEKLY CHALLENGE



Hey everyone!

I think we can all agree these last few months have been crazy! The quarantine life has been especially hard on our schedules and home life. While we may be spending a lot more time together, are we really connecting? With weeks of tight quarters, and high emotions, there's more opportunity for conflict within the home.

Your spouse is the most important relationship you have outside of Christ, yet often is the last to get checked up on. Instituting "at home" date nights are one way to break that tension and help stay on the same page as we navigate this pandemic and all the unexpected stress it has brought into our lives.

Calvary Chapel Green Valley is challenging you for the next few weeks to dedicate at least an 1 hour a week for you and your spouse. We'll provide the digital content. You provide the time! Your marriage will be better for it. So take the Digital Date Night 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"*

### GETTING READY:

In preparation for the next few weeks of challenges, take the Love Language\* on-line test together and 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 this week 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](http://www.5lovelanguages.com).