

DATING AS A Husband and Wife



MONTHLY MARRIAGE
WORKSHOP MONTH 8 / WEEK 1

JEFF & ALYSSA BETHKE

This month we are talking about dating. The common misconception is when you get married, you are no longer dating. But that couldn't be farther from the truth! In fact, when you get married, you are finally able to date fully. It's the idea of pursuing the other person, enjoying the other person, and setting aside time rhythmically to build up and intentionally encourage each other. We can't wait to see what the Lord does this month!

THIS MONTH'S WEBCAST: SATURDAY, OCTOBER 13TH, 4:30 PM PST.

See y'all soon!

Jeff + Alyssa

THE 'WHY'

Dating matters. Consider dating the kindling on the fire of your marriage (not just a romantic fire, but a deep level of intimacy and friendship with your spouse). Without dates, the fire starts to go out. Kindling is the tiny pieces of wood that are routinely and continuously placed on a fire to keep it going or to stoke it into bigger flames and logs. Dating is that same thing. It is the power and gas in the car of a healthy marriage.

THE 'HOW'

After doing this month's action plan, you will walk away with:

1. An assessment of your current level of intimacy and dating, with things to praise God for or things to improve (we are all works in progress).
2. Fun ways to make date night special and creative.
3. An easy way to make date night possible without breaking the human bandwidth bank.

WEEK 1

One of the best pieces of advice we got from mentors early in our marriage was always to be assessing our marriage. We do it with everything else! A car has to get checked on routinely. Our home HVAC systems still need filters. All our apps and smart devices continuously let us know what needs updated or assessing. Why don't we with our marriage?

The gift of always assessing a marriage is that it allows things to not snowball and turn into more significant things. It's OK to have a dry season of not pursuing each other and intentionally pursuing each other, but the trick is making the leash and time it takes to get back to center shorter and shorter. And to do that you need to be in the diagnostic mode of your marriage continually.

Dating is no different. So let's start easy for week one and answer a few questions below. Dwell on them this week and have a good heartfelt conversation about them in a place or time where you both can focus on each other and nothing else.

1. On a scale of 1-10, how would you rate our 'dating' life right now? Each spouse should write down their number first before sharing.

1 . 2 . 3 . 4 . 5 . 6 . 7 . 8 . 9 . 10

2. Would you say we are in a good dating season right now or a dry season?

3. What is your ideal date? Not in the bachelor sense of your DREAM date, but what is the one you guys already do that tends to be your favorite -- dinner out, talks and boardgames on back porch, etc. Why?

4. What is the most realistic, non burnout commitment you think you could make with a set time or place to date? 45 minutes once a week? Every other week for a few hours? One thing to note on this question, is your answers could be different! I know for me (Jeff), I love date nights. And I love going deep. So I could probably do once or twice a month. But Alyssa needs the date night to be more of a touchpoint throughout the week. It's extra hangout time with her for me so I don't complain, but notice that both are probably different. Talk about that and meet in the middle.
