

Date Night: Vital to Your Marriage

by Mike Danchak

Dating is vital for the health of your marriage. After the wedding it's important that you continue to learn about your spouse.

With a busy executive schedule and kids in the picture, it's even easier to unintentionally ignore the needs of your spouse. What happens when your children move on and you have an empty nest? If you have had a child centered marriage and have not made the time to stay connected, one day you wake up and look across the breakfast table and wonder, "Who are you?" Once the children leave, you've still got each other! If you have been growing together during the child rearing years, you can look forward to the best years of your married life.

For date night to happen, you **MUST** be intentional. The point of date night is for you and your spouse to be together, alone, out of the house, and involved in something that makes the two of you look each other and talk about you...not the kids, business, finances...the subject is your relationship. Going to the movies or watching tv together doesn't count. The focus is the two of you and your relationship. When you have kids at home have plenty of baby sitters available. Line one up every week for your date night.

Couples often ask, what do we do? You can go on line and check out married couples date night...you will find hundreds of creative ideas. Don't get hung up on the activity...date night is not about what you do...it is about you!