

FIT CARD

MARRIAGE

DATE NIGHT

Renew

Best Use

A date night discussion guide

Nutritional Value

Husbands and wives will reaffirm their lifelong love for each other.

Advance Preparation

- Schedule a dinner or coffee date.
- Plan on ending your date at a quiet, romantic location.

During the Date

Follow the instructions on the reverse side.

Discuss

- Take turns finishing this sentence: “If someone had asked me during our engagement why I wanted to marry you, I would have said _____”.
- Alternate sharing how you were feeling just moments before your wedding ceremony began.

Reflection

You’ve heard the expression, “the grass is greener on the other side.” The truth is, in marriage, *the grass is greener where you water it*. Take turns sharing a simple way your spouse can intentionally “water” you this week.

“I Do” Rendezvous

End your date by going to your designated spot. While holding hands, renew the following wedding vows with each other. . .

- **Husbands:** “I take you again to be my wedded wife; I promise to always love you, for better or for worse, in sickness and in health, in poverty and in wealth, from this day forward; I will honor and serve you, and be a faithful husband until we are separated by death.”
- **Wives:** “I take you again to be my wedded husband; I promise to always love you, for better or for worse, in sickness and in health, in poverty and in wealth, from this day forward; I will honor and serve you, and be a faithful wife until we are separated by death.”
- You may now kiss your spouse! (take as long as you like)

Bonus

Nothing is easier than saying words, and nothing is harder than living them date after day. To help you in this, post your wedding vows in a place where you will see them daily (mirror, laptop, office desk, etc.).