

# 5 Reasons to Avoid Date Night

But why you should date your spouse anyway

We've all heard about the importance of consistent dates with our spouse. It sounds ideal but there are a thousand reasons why it feels difficult (if not impossible) to make happen. Here are five reasons to avoid date night. Oh, and why you should date your spouse anyway.

- 1. "Dating Is Too Expensive"** Broadway shows – most of us would be thrilled if we got an expensive date once a decade. But something that is feasible is connection. Connection comes not through the amount of money spent, but the amount of heart invested.
- 2. "I Don't Have Time"** If you let other people control your calendar, then, yes, you're probably right. There's always going to be one more meeting or sports practice. We make time for what we value. If you value your marriage and the person you made a covenant at the altar to love, you need to make time for your spouse.
- 3. "My Marriage Is Beyond Help"** If your marriage is in a difficult place, sometimes the thought of spending intentional time together feels confusing—or even painful. But if a marriage is going to heal, connection has to start somewhere. Sometimes working through deep issues on a date night is just as important as laughing together.
- 4. "My Kids Need Me, So I Can't Leave Them"** A babysitter is usually a fine stand-in for a few hours. Children need to see that their parents are still in love, and that their marriage relationship is central to rhythms of family life. God set up the marriage relationship to come before children—and that pattern of "spouse before kids" should still continue once babies come along.
- 5. "I'm Too Tired"** If you're too tired to watch your favorite TV show, check social media accounts, or walk up the stairs, then yes, you probably are too tired. But if you're just experiencing the general malaise that comes from working and raising children, then you have the energy to date your spouse.

God is *for* your marriage and wants to give you all that you need to thrive and grow your couplehood. May you center your dates, your efforts, and your marriage on the love and grace that God gives to each of us!

Based on an article by Ann Swindell at [tinyurl.com/pyknwcd](http://tinyurl.com/pyknwcd)



## RESOURCES FOR COUPLES

**Your marriage can be one of your life's most rewarding relationships!**

It's a challenge to build a strong, God-honoring relationship. But so worthwhile! Whatever your age, whether dating, engaged, or married, there's a class or seminar for you.

**Date Night PDX** You are challenged to have fun and enjoy your relationship by Dating 4 Times In 4 Weeks during August. Keep your marriage purring. Dating does for your marriage what a tune-up does for your car. Hey, you don't have to wait 'till August, start now! Find details at [DateNightPDX.org](http://DateNightPDX.org).

**Date Night Comedy Tour** invades Portland on August 7 at City Bible Church. Tickets are on sale now, \$20/couple, at [EveryMarriageMatters.org](http://EveryMarriageMatters.org). Check out the brief videos at [DateNightPDX.org](http://DateNightPDX.org) of hosts Ted and Nancie Lowe and comedians John Branyan and Jason Earls. It'll be hilariously funny and a great way to kick start your August Date Night PDX challenge.

**Dating Tips** If money is really tight and there's no option for paying a babysitter, consider swapping childcare with friends. You can also get creative with at-home dates. Turn your phones off and cook a late meal together after the kids go down. Watch a unique film you're both interested in, and if you are so inclined, talk about it afterwards. Get competitive with a card game. Relax with a new flavor of ice cream bought especially for date night. What you do doesn't matter as much as the choice you make to invest your time and attention in one another. Find great date ideas at [DateNightPDX.org](http://DateNightPDX.org).

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*Advocates for Healthy Marriage*

Check out additional resources at [www.EveryMarriageMatters.org](http://www.EveryMarriageMatters.org)