



How to *Date* Your Spouse Again

A PRACTICAL GUIDE
FOR REKINDLING THE SPARK
IN YOUR DATES

Celebrate
Marriage

A campaign by Focus on the Family Singapore

When Your Love Life's D.O.A (Dead on arrival)

You've heard it many times
– don't stop dating your spouse!
And, the truth is, we all desire to set
aside intentional time with our spouse
to go on a date, connect deeply and
tune in to each other's needs.
(How wonderful would life be?)

Yet, it can be challenging to set aside
uninterrupted and unhurried time for
each other, especially with our hectic
work schedule and for many, time spent
caring for the children – ensuring that
the bests of you are given to the kids.

We're here to help! Marriages go
through different seasons and life

stages, with some more hectic and challenging than others. Similarly, while dates with our spouse may at times feel lacklustre (or frankly, non-existent), we can take small steps in reconnecting and learning to date our spouse again.

Every date can be a great date when it's an opportunity to deepen connection and intimacy even though dates may look different in every life stage and season!

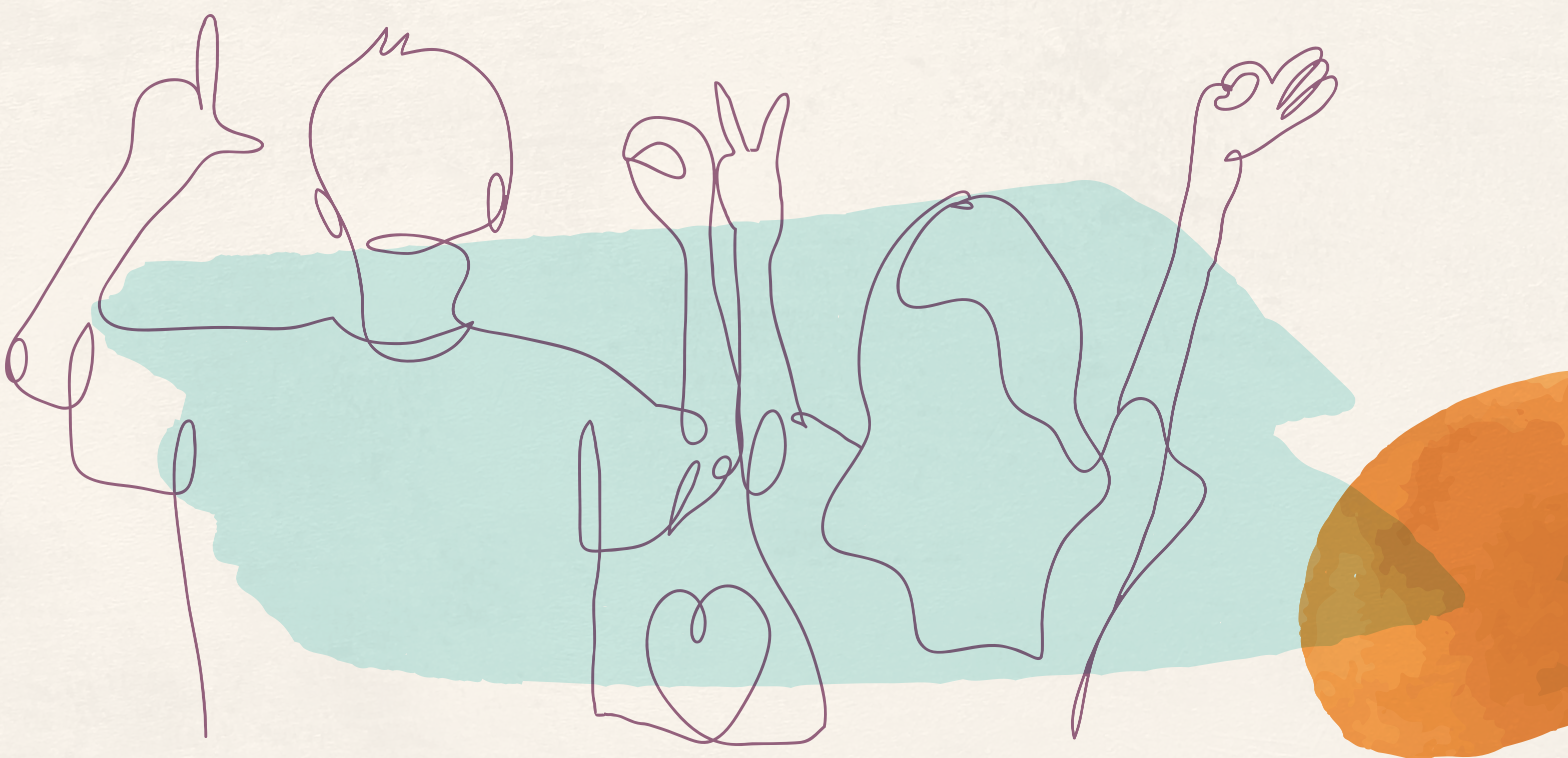
What Makes a Great Date?

Whether it's a grocery-run during the weekend, going to the movies or setting aside a special time for dinner together, it's all about creating a space

for each other to connect and tuning in to each other's needs. Here are some practical tips, date ideas and hacks to help you make the best of time together and prepare to connect with each other emotionally and mentally.

“Make it your goal to create a marriage that feels like the safest place on earth.”

- DR GREG SMALLEY



Authentic Conversations

Plan for meaningful conversations. Think about topics and conversation starters that would help you understand how your spouse thinks and feels and get you into the mood to relate at a deeper level.

Make it safe for one another to connect on a heart-to-heart level and assure each another that you will guard your spouse's personal thoughts.

5 Conversations to Connect Emotionally with Your Spouse:

1. What are your high and low points of today/the week?

2. What do you love about me?
3. What is one thing that you're learning about our marriage/ each other?
4. What are some ways we can love and support each other in the days/ in this season?
5. What are some dreams or hopes you have for our family this year?

"Coming together is a beginning; keeping together is progress; working together is success."

- HENRY FORD

Adventure

Research shows that couples who engage in fun activities together enjoy deeper intimacy. Having an adventurous or fun time together don't have to be something elaborate or expensive. Include an element of something new or unexpected to spice up the usual routines of spending time together. It could be taking a short detour to an ice cream place post-dinner, or trying a different walking route at a park, remember to have fun and enjoy one another's company.

5 Fun Date Ideas:

1. Find a restaurant/type of cuisine OR cook a dish together that you both have never tried before.

2. Relive a childhood memory – go visit your favourite place when you were a child together.
3. Go on a photo walk and share your photos with each other.
4. Play a team sport OR host a game night and make it a double-date.
5. Watch a comedy together OR chill at a nice café and share funny memories and stories over coffee.

“Love is not affectionate feeling. But a steady wish for the loved person’s ultimate good as far as it can be obtained.”

– C. S. LEWIS

Affectionate Moments

Be fully present for each other. Seize the opportunities to convey appreciation and affection for one another. Recount significant moments that remind you of why you cherish or are grateful for each other.

5 Ways to Create Moments of Affection:

1. Make a list of the things you value about your spouse and share it with him/her. Include his or her personality traits, character qualities, caring behaviours, accomplishments, and even physical characteristics.
2. Talk about ways you can nourish

each other emotionally and physically. Start off by sharing, “I feel loved when you...”

3. Take the free *5 Love Languages* online quiz together to find out what makes your spouse feel most loved.
4. Surprise each other with a simple and thoughtful gift (when he/she least expects it).
5. Give each other a back rub, hold hands, put your arms around each other, cuddle etc.

“In marriage, it is never having my own way. It is rather discovering our way.”

- DR GARY CHAPMAN

Active Communication

It takes two to plan for a date and making your time together meaningful! Initiate to connect with your spouse, regularly and intentionally.

Communicate your expectations honestly when planning a date and invite your spouse into the process of sharing each other's thoughts and feelings. One-sided expectations can sometimes distract us from appreciating our spouse when they respond differently from what we imagined. Avoid comparing your dates with others that you come across on social media too! Focus on your own relationship and the date that would be unique and special to the both of you!

5 Questions to Ask Each Other:

1. What would be your favourite thing to do together on future dates?
2. When was the last date we had that was memorable for you?
3. What would make you feel loved the most on a date?
4. How do you think we can prepare ourselves better for our dates?
5. What kind of surprises do you enjoy?

Let's get started!

Jot down date ideas and rekindle the joy of pursuing each other.

1 couple to invite on a double date:

2 favourite places to visit:

3 couple things to do:

4 cuisines to try:



Reconnect and deepen love and intimacy with your spouse with the Best Date Ever kit!

The kit is designed for married couples, including specially developed resources such as a step-by-step instructional guide for a great date, the Next Best Date Planner and a deck of 100 Couple Conversations cards and more, for an intimate and meaningful date. *Get your Best Date Ever kit or gift it to a married a married couple today:*

[www.family.org.sg/
CelebrateMarriage](http://www.family.org.sg/CelebrateMarriage)



SPECIALLY FOR HUSBANDS:

Date Hacks to Winning Your Wife's Heart (Again!)

1. Be prepared: Preparing yourself might be ensuring that you put on that outfit or scent your spouse loves on you. Remember how you used to dress up for your first few dates and how you used to pursue your wife? Always act like you're trying to get that second date- and your wife will be very impressed!

2. Be present: Set aside any distractions (mobile games and work emails included!) and be fully present to connect emotionally with your wife. Preparing your heart may look like practising how to tune in to her needs.



3. Be a good listener:

Listen to understand rather than to respond. Keeping eye contact and reaching out to hold your wife's hand in yours is a great way to build deeper connection. Make an effort to nurture emotional safety in your conversations. Avoid presenting a quick solution or becoming dismissive. Instead, appreciate your wife for sharing their thoughts and feelings.

SPECIALLY FOR WIVES:

How to Bring Your A-Game to a Date

1. Be relaxed: A great date with your spouse starts in the hours, or even days, leading up to the actual day.

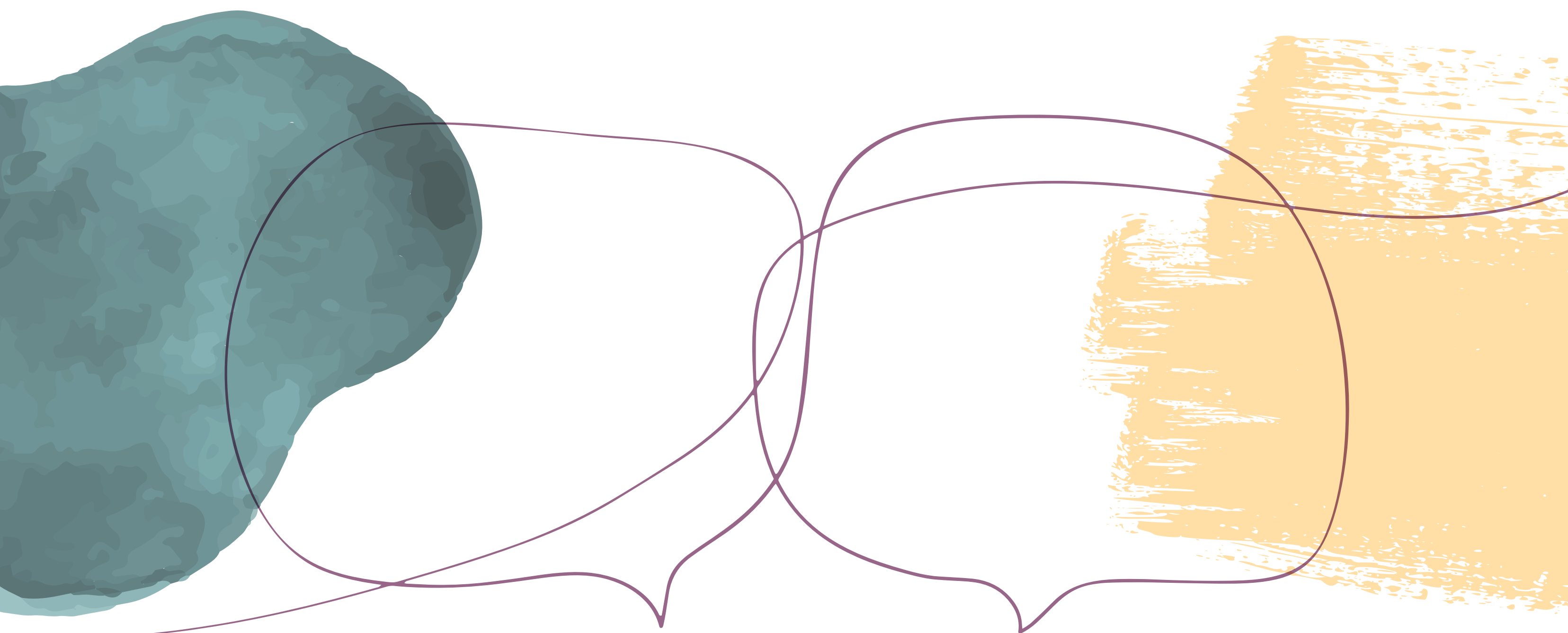
Make early arrangements for childcare/eldercare. Ensure that you avoid overscheduling your day and find a good space to decompress and unwind before the date. Leave the worries about the kids or other to-do lists aside, so that you can be fully present for your husband at the date.

2. Be appreciative: Be generous with affirmation for the little gestures or effort from your husband to be thoughtful on the date. Let him know

that you appreciate what he does or has planned for the date that might sometimes go unseen. Your encouragement will motivate him to go the distance for future ones!

3. Be curious and interested:

Invite your husband to share his thoughts about the things that matter to him the most. Conversation is a two-way street – take turns to talk and try not to talk over each other. Take time to laugh, joke and enjoy each other's company. An interactive conversation will be much more enjoyable and interesting.



CONNECT2™

Whether you're just starting out on a new life together or you've been married for many years, there is always so much more to learn and love about your spouse.

Check out these helpful and practical resources as we figure out life and love together and go deep into the conversations about connection and intimacy.

Tune in to the

CONNECT2™
PODCAST

[www.family.org.sg/
Connect2Podcast](http://www.family.org.sg/Connect2Podcast)



Find more resources
for marriage

[www.family.org.sg/
Connect2](http://www.family.org.sg/Connect2)



Connect with us

 [focusonthefamily.sg](https://www.facebook.com/focusonthefamily.sg)

 [thrivingfamilysg](https://www.instagram.com/thrivingfamilysg)

 www.family.org.sg

Focus on the Family Singapore Limited is a local Christian charity with Institution of a Public Character (IPC) status.

Recognising the challenges and disruptions in our increasingly digitised world, we seek to bring families closer by encouraging and equipping them with timely resources and relevant skills to nurture strong marriages and raise resilient children.

© 2023 Focus on the Family Singapore. All rights reserved.

Used by permission. This guide is provided as an informational resource only. Use of this guide by any person, group or organisation is not an endorsement of that person, group or organisation by Focus on the Family Singapore. This book may not be abridged or edited in any way, unless prior written permission is sought from Focus on the Family Singapore (focus@family.org.sg).