



FAITH @ HOME
24/7
Recipe Card

Reconnect

BEST USE

A date night activity and discussion guide

NUTRITIONAL VALUE

Husbands and wives evaluate communication skills and explore ways to better convey thoughts and feelings.

ADVANCE PREPARATION

1. Schedule a dinner or coffee date
2. Bring a pencil and a piece of paper or tablet
3. Each spouse will choose any 3 of the following to draw . . . (keep your choices secret)
 - A favorite love song you both know
 - His or her favorite Bible character
 - A movie you watched together before marriage
 - One of your most adventurous activities together
 - A memorable date or favorite date place
 - A favorite destination you have traveled together
 - Your most embarrassing moment together
 - Something that would remind your spouse of a wedding day memory.

DURING THE DATE

Discuss any or all of the items on the reverse side.



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DURING THE DATE

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DISCUSS

1. Each spouse will take turns drawing a chosen item without speaking. The guessing spouse may ask yes or no questions but the "artist" can only nod or shake his/her head.
2. After your fun exercise, answer the following questions together. . .
 - How successful were you in guessing what your spouse was drawing?
 - What caused you to sometimes misinterpret your spouse's picture?

REFLECTION QUESTIONS

1. Discuss this quote. *"We often judge others by their actions, but we judge ourselves by our intentions."*
2. Check at least two ways you can improve your communication skills to cut out the guessing game.

- Think and pray before I speak
- Clearly articulate what is on my mind
- Quit expecting my spouse to read my mind
- Use voice tones that are kind
- Humbly communicate my needs and desires
- Listen more and talk less
- Strive to understand and empathize more with the needs of my spouse
- Realize that my unspoken expectations can cause miscommunication and frustration
- Choose my words wisely
- Schedule time to talk in non-conflict moments before hectic situation

3. The best time of day for us to talk is _____.

4. Proverbs 12:18 says, *"Reckless words pierce like a sword but the tongue of the wise brings healing."* Take time to verbalize your love for one another.

BONUS

Before you go to bed tonight, discuss tomorrow's schedule and communicate plans you have in mind.



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