

# DATE NIGHT QUESTIONS

## Why These Questions Matter for Married Couples

Marriage is a lifelong journey, not a one-time “yes” at the altar. In the busyness of work and daily responsibilities, it’s easy for couples to drift into routines where conversations revolve only around schedules, finances, or chores. These questions help pull couples back to the heart of their relationship—friendship, romance, and growth.

At Saddleback, we believe healthy marriages are built on **connection, intentionality, and Jesus at the center**. Conversation starters like these:

- **FUN** – Proverbs 17:17 says, *“A friend loves at all times.”* Your spouse should be your best friend. Fun questions bring back laughter and lightheartedness, reminding you of the joy you share.
- **ROMANCE** – Philippians 1:3 says, *“I thank my God every time I remember you.”* Reflecting on favorite memories and expressing appreciation rekindles love and gratitude toward your spouse.
- **GROWTH** – Ecclesiastes 4:9-10 tells us, *“Two are better than one... if either of them falls down, one can help the other up.”* Dreaming together and setting spiritual, relational, and personal goals keeps couples moving forward in unity.

Looking at all these questions can seem overwhelming, so choose one of the categories that you are most comfortable with. The intent is to get you both talking.

By taking intentional time for date nights with healthy conversations, couples guard against drifting apart and instead build a marriage that reflects God’s design—full of joy, intimacy, and purpose.

## Fun

Friendship is the foundation of every strong marriage. Proverbs 17:17 reminds us, “***A friend loves at all times.***” Laughing together and remembering your story keeps the friendship alive.

- What's the funniest inside joke we have?
- If we could redo one vacation we've taken, which one would you pick and why?
- What was the first thing that attracted you to me?
- If we could swap lives with a couple from a movie or TV show for a week, who would it be?
- What's something silly I do that secretly makes you laugh?

## Romance

Marriage is a covenant of love, and expressing affection keeps that spark alive. Philippians 1:3 says, “***I thank my God every time I remember you.***” Gratitude and romance remind couples to cherish each other daily.

- What's one small gesture I do that makes you feel loved?
- If we planned a second honeymoon, where would you want to go?
- What's your favorite “ordinary” moment we share in daily life?
- If you wrote a song about us, what would the chorus say?
- When was the last time I surprised you—in a good way?

## Growth

God designed marriage as two becoming one (Ephesians 5:31). Talking about dreams, growth, and faith deepens intimacy and aligns your future with Christ at the center.

- What's one way we've grown stronger as a couple since we got married?
- What's a dream you still want us to chase together?
- What's something new you'd like to experience as a couple in the next year?
- How do you think our relationship has shaped who you are today?
- What's one tradition you'd love us to keep—or start—for our family?