

**Life gets busy** and often what gets pushed to the backburner is an intentional commitment to our marriages. For many couples, good intentions quickly get put off to some future time, when life is not so busy or there's more money. Pretty soon the kids are grown and couples find they've grown apart.

To guard against relational drift that happens so easily we need to make decisions today, so that in five or ten years we don't look back and wonder, "How did we end up here?" One of the best practices that we can encourage is to include a weekly date night into your calendars.

**Making an intentional commitment does not take a lot of money, it does not even mean that you have to go out somewhere. What it does require is that time will be carved out for you to connect with your spouse on a consistent basis.**

It is often said that failing to plan is planning to fail. Your planning can be as simple as turning off the TV and your cell phone, so you can share a bowl of popcorn or your favorite treat with each other while talking about your day or week.

Some other ideas include:

- Going to a local coffee shop and creating a stack of 3x5 cards with a question written on each card:
  - What is something your spouse does very well but doesn't know they do well?
  - What is your favorite joke?
  - What's a childhood memory you'll never forget?
  - One of you pulls a card and reads the question. Then the other answers. (We took turns reading and answering until we were at the bottom of the stack.)
- Go to a mall together and give your spouse \$10, \$5, \$2, \$1. Each amount can only be spent in one store and on one item. Each item should be something that you can enjoy as part of your date.
- Once you put your kids to bed, pull out a board game to play together.
- Train together towards doing a local 5km run.

Committing to work on your marriage does not cost a lot, but the return will be significant. It requires us to make a choice, to be intentional, planning ways to help it grow and flourish.