

# Let's Goal Set!

With the new year here, spend some time setting goals as a couple and for your 2025.

### • House

What tasks do we want to get done or what do we want to change inside or outside of the house. What can we declutter and organize?

#### • Finances

Decide early where you want to spend your money and how much you want to save.

#### • Faith

How do you want to grow deeper in your faith? What faith-based book do you want to read as a couple? Share a prayer journal and spend time thinking through what you want to pray about for 2025.

## • Mental Health

Decide how you want to care for yourselves and each other. How do you want to engage in physical activity together? Is therapy something to explore in 2025?

### • Marriage

Schedule weekly date nights, a weekend getaway, and other ways to spend time together. Decide on a fun adventure date and an experience date (learning something new). Read a marriage book together or plan a way to serve as a couple.

# That's Funny!

Some fun questions to ask your spouse on your next date night. Warning, you may giggle.

- What would you do if you were a 5year old for one day?
- What's the silliest thing you did as a teenager?
- Give me your best pick up line.
- Ask me on a date in one sentence.
- What is the best food to burp all day?
- What dessert would you eat for breakfast for a week?
- If you could blink and be with me someplace else where would we be?
- What is your favorite show to binge watch?
- What is the most annoying thing people do?
- What is the worst lie you told your parents?



(M) MARINERSCHURCH

our marriage matters









lealthy Marriage Check

Use these questions as a guide to navigate the health of your marriage and begin making changes toward a healthier marriage.

- Do you include rituals like kissing goodnight and when you leave or come home?
- Do you set limits on phone use when you are around each other?
- Do you go on dates consistently?
- Do you talk about goals and passions instead of logistics only?
- Do you schedule sex so that the passion doesn't disappear?
- Do you share household chores?
- Do you set logical expectations?
- Do you exercise compromise in decisions?

# Get Smashed

These mouthwatering smash burger options are a perfect way for you and your spouse to curb your hunger and hang out together.

- Matty's Pattys
  - 📍 Costa Mesa
- Green Cheek
  - 📍 Costa Mesa
- Hammer Burger
- 📍 Santa Ana
- Irv's Burgers
  - 📍 Newport Beach

contact the Marriage Team at marriage@marinerschurch.org for more information!

