

marriage matters

WITH DOUG FIELDS

a better us

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.



Rituals

daily connection



Rhythms

weekly date



Retreats

yearly getaway

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 5-year 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?

Next Steps

• Rooted •



• Life Group •
Finder



• Men's •
Breakfast



• Emotionally •
Healthy Relationships



• Feb 8 •
Registration



