

# Marriage Minute

February 2018

## **First Dates and Great Dates**

I remember my feelings of excitement when I first started dating my spouse. My energy and enthusiasm were high. I felt like I could not get enough time around her. I would anxiously look forward to our next moments together and would clear my schedule for the next date while dreaming of the days to come. Perhaps many of us remember those same anxious and excited feelings when we were first drawn towards our spouse. Yet, after being married a while, we may drift from anticipating that special time together. We may even get so distracted by the busyness of life that we stop dating and ultimately stop pursuing our spouse all together. But that is not God's design for marriage. Ephesians 5:21-33 charges each of us to continually treasure and cherish our spouse. One way to do that is to create special times to enjoy and connect with one another. That is the basis for continuing to date our spouse now. Building Intimate Marriages, a Christian marriage enrichment organization, advocates that couples cultivate a tradition of at least two fun dates a month to enrich their marriages. These dates are special times to have fun and enjoy one another, not times to solve problems or discuss challenges. So, enrich your relationship by recapturing the excitement of your first dates in the form of great dates with your spouse today.

**Challenge for the Week:** Take the initiative, plan ahead, and go have a fun date with your spouse this week. Then, continue to energize your relationship by establishing a tradition of regular "great dates" with your spouse.