

Genesis 2:21-24 [CJB] ~ Then God caused a deep sleep to fall upon the person; and while he was sleeping, he took one of his ribs and closed up the place from which he took it with flesh. The rib which ADONAI, God, had taken from the person, he made a woman-person; and he brought her to the man-person. The man-person said, "At last! This is bone from my bones and flesh from my flesh. She is to be called Woman [Hebrew: ishah], because she was taken out of Man [Hebrew: ish]." This is why a man is to leave his father and mother and stick with his wife, and they are to be one flesh.

Proverbs 3:3-4 [ESV] ~ Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. So you will find favor and good success in the sight of God and man.

Colossians 3:14 ~ And over all these virtues put on love, which binds them all together in perfect unity.

Revelation 19:6-9 [CJB] ~ "Halleluyah! ADONAI, God of heaven's armies, has begun his reign! "Let us rejoice and be glad! Let us give him the glory! For the time has come for the wedding of the Lamb, and his Bride has prepared herself— fine linen, bright and clean has been given her to wear." ("Fine linen" means the righteous deeds of God's people.) The angel said to me, "Write: 'How blessed are those who have been invited to the wedding feast of the Lamb!'" Then he added, "These are God's very words."



<https://marriageaustralia.org>

Ideas For Time Together



You have probably heard or read that quality time, 'Date Times', and yes it doesn't have to be a Date Night, are important in marriage.

These times together:

- help communication
- increases feelings of intimacy
- builds attachment
- decreases stress
- decreases the chances of taking each other for granted

Yet despite these critical and obvious reason 'Date Times' are not generally prioritized. Why not? We are too BUSY! What too busy for your most valuable investment – your marriage. If you still need convincing, then here are some more research-based reasons why 'Date Times' are beneficial:

- Each of you will be happier
- You are investing in divorce-proofing your marriage
- Your sex life will be better
- Women have increased satisfaction in their marriage
- Your children will have a better childhood

The benefits of having 'Date Times', fun times together as a couple, not talking about the job, finance etc., are enormous. Potentially outweighing the benefits of a busy and over-scheduled calendar which can take all else for granted.

Just think, a 3 hour 'Date Time' is only 1.79% of your week!

This booklet contains a few different ideas for those fun times together.

Fun Questions to ask each other

- ♥ *At a party would you prefer to find that you have overdressed or underdressed for the party?*
- ♥ *What constitutes a perfect evening to you?*
- ♥ *Name one thing I do that makes you feel loved.*
- ♥ *What is the craziest gift you have ever received?*
- ♥ *Who is the person who has influenced your life the most, and how have they influenced you?*
- ♥ *What was your favourite subject when you were at high school?*
- ♥ *Did you have any pets whilst growing up, and if so, which was your favourite?*
- ♥ *If you found \$1000 in an envelope, what would you do with it?*
- ♥ *What is your all-time favourite song, and why do you like it? What is your favourite flavour of ice cream?*
- ♥ *Tell me about your most embarrassing moment.*
- ♥ *What is the first memory you have?*
- ♥ *What's your idea of a truly romantic evening?*
- ♥ *What did you learn as a child that has proven to be most valuable in your life?*
- ♥ *If we held a dinner party for six guests who would you invite and why them in particular?*

Try something new- Mölkky

Have you heard of the game Mölkky. Well, it is a Finnish throwing game with characteristics similar to games like bowling, kubb and pétanque. It was created by the company Lahden Paikkaopen, and based on a game that has been played for centuries, called Kyykkä – also known as Finnish or Karelian Skittles. It was originally played in Karelia, a region that covers parts of Russia and Finland.



The 'skittles' are straight forward to make, but are also available at a good range of shops and online also. It is a game for couples or families.

See the rules at:

<https://www.molkky.world/molkky-rules>

Games Time

A tricky and fun game together is Twister but take it slowly if you haven't stretched lately.

If Twister sounds too energetic then find your favourite board game whether chess, monopoly, scrabble or something online that you both enjoy. Get in the favourite nibbles, drinks, and have the music lined up for a fun time together.



Picnic time

Changing where you eat can sometimes be enough to change the mood. Go out shopping together, and get a baguette or two, cheese, grapes, and any other charcuterie items you like plus of course your favourite drinks. Come home and spread out a blanket on the living room floor or in your backyard if it is fine and dry. Sit down, relax and dig in.



Origami Challenge

Origami can be a great pastime, and something that you can do together. There are only a few people who are origami experts, and this helps us as there are plenty of videos on YouTube that will step you through getting started. Part of the fun can be getting the hang of it. Once you both know some of the techniques, set up the "origami challenge" – that is into a fun game by making it a timed challenge event with each of you, say, making this peacock.



<https://jonakashima.com.br/2020/08/17/origami-peacock/> or <https://origami.wonderhowto.com/how-to/10-easy-last-minute-origami-projects-for-valentines-day-0150908/>

Hot in the Kitchen

Cooking together can be a fun time! Have a Cook-Off. Pick a recipe that you both like and see who can make it best. Then have fun trying each other's creations. Don't forget that it is a couple task to clean up together.



Going to the theatre

In advance you both select your favourite snack and drink whether for the cinema or theatre. Then select from the list below what you wish to watch – some are free, some you may have to pay a modest price of a month's subscription, if that is the case you potentially have many Date Times arranged!

<https://get.broadwayondemand.com/>

<https://www.broadwayhd.com/>

<https://www.ntathome.com/>

<https://www.cirquedusoleil.com/cirqueconnect>

Then for your special Date Time dress up as if you are going out to the theatre, and don't forget the snacks and drinks.

Blind taste tests



Each of you select a range of 10 different mouth size edible items without the other seeing, and put them into your own paper bag. Then one of you is blindfolded and fed one item. Then they have to identify what they are eating. Then swap roles. Whilst being fun and trust building go easy on your spouse with any strange concoction you select.

Play mini/crazy golf at home

Set up your "course" with a few different holes using cardboard to make ramps and cups for the holes (for inside or outside). For the putter use a brush, small handle or similar. The time creating the course together will be just as fun as playing it! The bonus is that it will make a great activity with the kids or grand-kids on another day.



Shoot a movie

Use your smartphones and create a short film together which includes you both. You have plenty of props around the home whether children's toys, soft animals or the real thing if you have a dog. You could also literally try your hand with hand shadow puppetry. Plan your story board together. Debut your work to any kids in the morning or, if you're bold, with some friends.



Go Camping



Break out the tent and sleeping bags if you have any, or just improvise; toast marshmallows on an open fire, if allowed, or on your stove, and pretend to camp. This could be in your backyard or living room. Have fun, laughter and of

course you will have your night's sleep in the comfort of your own bed!

The Pretzel Challenge

Ever made pretzels? Was the answer 'No', then now is your chance. First find a pretzel recipe online, there are plenty around, and make sure you have the ingredients. Then enjoy each other's company in the kitchen making the dough together, and then, see who is fastest at twisting the dough into pretzels. It doesn't matter who is faster, you will both be winners as you get to eat the tasty homemade snack that you have made together.



