

# the **big6** great **Date** experiment



**EX\*CLA\*MA\*TION POINT** n. a word, phrase, or sentence that is shouted out suddenly, often through surprise, anger, or excitement.

WELCOME TO  
**GREAT DATE**



Each of the six Great Dates revolves around one of MarriedLife's Big 6 Essentials. This Great Date is focusing on the essential of **CULTIVATE COMMUNICATION**.

On this Great Date, you will go from **Exclamation Point** to **Exclamation Point**. Each **Exclamation Point** has a point. Some points are designed to surprise you; some are designed to excite you; some might even make you . . . angry. *But don't worry. This Great Date is not an interrogation, evaluation, or examination.*

**IT IS ALL ABOUT CONNECTION, ATTRACTION, AND  
SATISFACTION..OH YEAH!**

**GUYS** Kiss her at every red light until someone honks at you.

**LADIES** At some point, scream in public, "My husband is hot."

**TOGETHER** At every Exclamation Point, take a picture of the two of you holding up the big Exclamation Point on the front of this document. You will find out why at the end of your date.



For best results, DO NOT LOOK at the next Exclamation Point before completing the one before it. See Exhibit A:  
1. FOLD EACH POINT FACE IN (DONT PEEK).  
2. ALLOW POINT TO SHOW (LIKE EXHIBIT A) WHILE CREATING YOUR FOLD.



Exhibit A



# CONNECTION POINT

**Get to the point:** Select a place for dinner.

Point of Reference: While you wait to be seated or served, answer the following:

### Would you rather...

- ... be able to fly or to move objects?
- ... own a ski lodge or a surf camp?
- ... live in an above-average house with a 20" tube television, or in a below-average house filled with all the latest electronics?
- ... communicate like your mom or like your dad?
- ... have one wish granted today or three wishes granted in 10 years?

### Price Point Dinner (\$10 Or Less)

**Tell the cashier he or she has \$10 or less to choose your meal. You may give one stipulation you both decide on before ordering.**

### \$\$ Price Point Dinner (\$25 Or More)

**Tell your server he or she has \$25+ to surprise you with an entrée(s). You may give one stipulation you both decide on before ordering.**

fold line

fold line

## WHAT'S YOUR POINT

- I knew you were the one when \_\_\_\_\_.
- If you and I had two days alone together, how would you want to spend the time?
- If you could relive one day of your childhood, and you could take the kid version of me with you, what day would it be?
- If you and I could take a paid sabbatical for an entire year, what would you most like to do?
- If I decided to get a tattoo that summed up in one word why I love you, the word would be \_\_\_\_\_.

One last **“Would you rather?”** ...be way too hot or way too cold?

*[MarriedLife is not responsible for food allergy reactions and/or unwanted bloating.]*





## BOILING/FREEZING POINT

**Get to the point:** Studies show men communicate better when they are engaged in an activity. Choose what you would like to do while answering the questions for the next Exclamation Point:

- Drive through a special place
- Take a walk in a special place
- Toss a ball or Frisbee at a park
- Drive to a special place
- Go to a mall
- Go bowling

Before you take off, adjust the heating or cooling to make the car way too hot or way too cold. If you can't come to an agreement, do "rock, paper, scissors" - best two out of three.

fold  
line

fold  
line





# POINT GUARDS

In marriage, we all need to be able to make our POINTS on important issues. Unfortunately, in our attempts to make our POINTS, we can damage our relationships. Below are POINT GUARDS designed to empower you both to make your POINT and to guard your marriage at the same time. **Which one most applies to your marriage?**

## Feel It or Fix It?

Oftentimes when your spouse shares one of life's frustrations, he or she has a specific need. Sometimes it's for you to just **FEEL IT**. Sometime it's for you to **FIX IT**. **Most often, do you want me to FEEL IT or FIX IT?**

## H.A.L.T.\*\*

Often when we are **Hungry, Angry, Lonely, or Tired**, we are not in a good place to communicate with one another. **At what points in your week are you most likely to be experiencing H.A.L.T.?**

## Listen to Your Mama

Your mother always told you that nothing good happens after midnight. When it comes to communication, it has been said nothing good ever happens after 10 p.m. or before 10 a.m. **Do you think this applies to us?**

## Coming and Going

For many couples, leaving for the day and arriving home are times of tension. What can I do to make our daily coming and going a good thing?

## Connection is the Key

\*Studies show that couples that communicate the most effectively are the ones that feel the most relationally connected. Outside the bedroom, when and in what ways do you feel the most connected to me?



MarriedLife believes God greatly desires for you to communicate in ways that heal your spouse, not in ways that hurt your spouse.

**What part of our communication do you think makes God the happiest?**  
**What part of our communication do you think God wishes would change?**

*\*Research from [How to Improve Your Marriage Without Talking About It](#) by Patricia Love and Steven Stosny.*

*\*\*H.A.L.T. is a widely used counseling principle.*





# BROWNIE POINT

**GET TO THE POINT:** Go to a grocery store.

Go into the grocery store and separate. You have 10 minutes and \$2 to purchase a dessert you think your spouse has never tried. Meet back at the entrance.

- Choose a place to enjoy your desserts. Once you decide, feed your spouse the dessert. Tell him or her why you chose what you chose.



Grab a utensil/napkin at the deli/bakery, unless you are using your fingers.

fold  
line

fold  
line

Create a new dessert nickname for your spouse.



**Puddin' Pop, One more KISS at the next light and let's head home.**





# MAKE YOUR POINT FINAL POINT

**GET TO THE POINT:** Head home, complete this question & task.



- When it comes to the way I feel about you and our future, I want you to know without a doubt\_\_\_\_\_.

Once home, choose an option to permanently punctuate your date:

## CARVE YOUR INITIALS INTO A TREE

**Tip One:** If you have kids, this is the fun part. [Men: If you don't already have something to carve with, sneak into the house and get a carving utensil (steak knife, screw driver, hammer, etc.) . . . without being seen by your children.] **Tip Two:** Use your cell phone as a makeshift flashlight.

fold  
line

fold  
line

## START A GROWTH CHART OF "LUUUUVE"

Somewhere in the garage or the house, write your initials and tonight's date on the wall. **Tip:** If you choose this option, repeat it after each of the Great Dates, anniversaries, and any other growth spurt in your marriage.

Final Point: Now's the time in the date when it is all up to you...OH YEAH!

Tomorrow: Email us a picture of your favorite Exclamation Point to [dates@greatdatenights.org](mailto:dates@greatdatenights.org) along with a censored story of why. If you have a winning entry, your next Great Date will be on us!

[www.capechristian.com/greatdates](http://www.capechristian.com/greatdates)

