

# HOME TEAM

## Play Card

# Love Interrupted

## BEST USE

As a date night activity and discussion guide

## PURPOSE

Reflect on your roles in marriage and process together each of your responsibilities in a God-honoring marriage.

## ADVANCE PREPARATION

Read through this Play Card and then schedule a time within the next week to have your date together. Each spouse should spend a few minutes completing the ADVANCE PREPARATION QUESTIONS on the reverse side before the date.

## DURING THE DATE

- 1) Choose one of the following ideas to do together:
  - Think of a time when you had fun “making up” after an argument. Try to re-create that time together (the making up part!)
  - Have a water balloon fight, water gun fight or even consider taking a kickboxing class together
  - Spend time together over dinner, at a coffee shop or even having a picnic on the living room floor and take turns whispering reasons you love each other
- 2) Spend a few minutes discussing the DISCUSSION QUESTIONS on the reverse side.
- 3) Express your gratitude to each other for being willing to work through conflict and not running from it. Pray together so that God would give you the grace to be humble, patient and eager to forgive each other as you have been forgiven by God.

# **ADVANCE PREPARATION QUESTIONS**

- 1) Which of the following tips to cooling off do you use in times of conflict? Which do you need to get better at?
  - Take a deep breath and relax
  - Look the other person in the eye
  - Speak softly and slowly
  - Keep your legs and arms uncrossed
  - Remind yourself: We can find a win-win solution
  - Avoid using words like always, never, can't, won't, etc.
  - Use words like maybe, perhaps, I feel, I think, what if, etc.
  - Acknowledge and affirm the other person's position
  - Ask open ended questions that encourage the other person to look for a solution
- 2) Read through the following list of things to consider when preparing to confront your spouse. If there are any outstanding conflicts between you, prayerfully work through this list and determine when and how to deal with it.
  - Is it worth it? Can I let it go?
  - What pattern or habit of mine contributed to this problem?
  - Have I spent time praying about this issue?
  - Is this the right time to confront?
  - What's my motivation? Am I trying to retaliate or restore... punish or pursue peace?
  - Choose words carefully (see tips to cooling off above)
  - Remember, the goal of loving confrontation is to restore ONENESS in your marriage

## **DISCUSSION QUESTIONS**

- 1) Take turns completing this statement: The way my parents resolved conflict was by...
- 2) Identify together any unresolved conflict you have in your marriage. Spend time praying together for God's leading in resolving these conflicts biblically.
- 3) Share your answers to the ADVANCE PREPARATION QUESTIONS.