

HOME TEAM

Play Card

Love Sizzles

BEST USE

As a date night discussion guide

PURPOSE

Reflect on the gift of sex and God's design for intimacy with one another in your 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:
 - A few days before the date, ask your husband/wife to describe the perfect afternoon or evening that would get them "in the mood," and then do your best to create it "to order"
 - Plan a special evening including dinner at the most romantic restaurant in town or pack a picnic basket of finger foods to feed each other
- 2) Spend a few minutes going through the DISCUSSION QUESTIONS on the reverse side
- 3) Conclude your date by committing to work through any issues inhibiting a fully satisfying sexual relationship in your marriage. Pray together thanking God for the gift of sex and asking him to make each of you better lovers who seek to give more than you take

ADVANCE PREPARATION QUESTIONS

1) Keys to communicating about sex include:

- praying first
- waiting for the right moment being clear about your likes and dislikes
- avoiding language that accuses your spouse (e.g., you always..., or you never...)
- being flirtatious outside the bedroom

Which of these do you already do well? Which are areas you could improve to more effectively communicate about sex with each other?

2) List some of the things you've had to learn, unlearn or re-learn in order to have a healthy and mutually satisfying sex life.

3) Recall one or two of your "top ten of all time" sexual experiences with your spouse. Be prepared to describe it to him/her on your date.

DURING THE DATE DISCUSSION QUESTIONS

1) Share your answers to the ADVANCE PREPARATION QUESTIONS.

2) Take turns completing this statement: In my opinion, in order to make our sex life even better, we need to work on...

3) Have an open discussion about the hopes and desires you have for your sex life. Discuss things like what you like and what you don't, the frequency of your lovemaking, what you can each do to get the other in the mood, etc.