

marriage**matters**

WITH DOUG FIELDS

a better us

Intentional Parenting



Parenting & Tech



Rooted



Emotionally Healthy Relationships



The Pre-Marriage Course



One Minute Marriage Challenge

Wash the inside and outside of the windshield of their car. A small act of kindness goes a long way.

NOT YOUR AVERAGE DATE NIGHT

CHECK OUT THESE FUN DATE IDEAS FROM THE GOTTMAN INSTITUTE TO HELP YOUR RELATIONSHIP THRIVE:

- DO A PROJECT TOGETHER LIKE MAKING A BIRDHOUSE OR KNITTING A BLANKET
- WATCH EACH OTHER'S FAVORITE MOVIE
- HOST A HAPPY HOUR WITH SOME MOCKTAILS AND APPETIZERS OR HOT BEVERAGES AND DESSERT
- BAKE OR COOK A MEAL TOGETHER
- TEACH EACH OTHER ABOUT YOUR PASSIONS AND HOBBIES
- WRITE EACH OTHER LOVE LETTERS
- WATCH AN INSIGHTFUL DOCUMENTARY AND LEARN SOMETHING NEW
- HAVE A COOK-OFF "CHOPPED" STYLE WITH THE SAME INGREDIENTS.
- BUILD A FORT

a better us

MONDAY	minimize
TUESDAY	talk
WEDNESDAY	words
THURSDAY	touch
FRIDAY	fun
SATURDAY	serve
SUNDAY	schedule



A BETTER US.



Let's Chat!

1. What would you love to learn together?
2. How could men and women understand each other better?
3. What's the best way to comfort you when you are sad?
4. What personality trait do you wish you had more of?
5. What would you buy if I would agree to it?
6. If we could quit our jobs what would you want to do?

I'll Stop the World and Melt With You

Take your hunny on a date on ice with these activities and eateries:

- Anaheim Ducks Hockey game
 - 📍 Honda Center, Anaheim
- Ice skating:
 - Great Park Ice
 - 📍 Irvine
 - The Rinks
 - 📍 Anaheim
- Shaved Ice:
 - Hula Girls
 - 📍 Huntington Beach
 - Confetti Italian Ice and Custard
 - 📍 Costa Mesa
- Sledding/Tubing:
 - Wrightwood
 - Mt. Baldy
 - Big Bear Mountain Resort
 - Snow Drift Tubing Park
 - 📍 Running Springs
 - Snow Valley Mountain Resort

Nice Dice

Use these fun dice games on your next family, couples, or group date night. You can easily find the rules and instructions online.

- Pig
- Sevens Out
- Ten Pins
- Slam
- Going to Town

contact our team at marriage@marinerschurch.org for any additional information