

# MARRIAGE MATTERS

MARCH 21, 2026 | MARINERS CHURCH

*"WE MAY NOT BE PERFECT, BUT WE CAN ALWAYS BE A BETTER US."*

## NEXT STEPS

### WOMEN'S NIGHT

• MAR 25 •



### ROOTED

• WEEK OF APR 12 •



### LIFE GROUP FINDER

• OPENING APR 1 •



### EASTER SERVICES AT ALL OUR CONGREGATIONS



## LOVE & RESPECT CHECK-IN

To better understand how each of you gives and receives love and respect, ask each other the following questions and share openly.

- When do you feel most loved by me?
- When do you feel most respected by me?
- When do you feel hurt or disconnected?

Then, take turns filling in the blanks below:

- "When you do \_\_\_\_, I feel loved."
- "When you do \_\_\_\_, I feel respected."

## REGISTER FOR THE APRIL 25 MARRIAGE MATTERS!



## DAILY MARRIAGE CHALLENGE

Ask your spouse every  
day this week,

"How can I make your  
day better?"

## SPEAK LIFE

What you consistently say to your spouse shapes how they see themselves—and how safe they feel with you. Being intentional with your words is everything!

Once a day, say one meaningful, specific, and sincere encouragement.

### 1. Affirm who they are

"You're such a steady person."

"You're really thoughtful."

### 2. Affirm what they do

"Thank you for taking care of that—it helped a lot."

"I noticed the effort you put in today."

### 3. Affirm what you feel

"I feel safe when I'm with you."

"I'm really grateful to have you."

# • our marriage matters •

## DECISIONS, DECISIONS!

Planning date nights can be quite challenging! So, we've come up with sure-fire ways to help with the decision making when it comes to "what to do when you don't know what to do for date night."

### If you want fun + zero thinking:

- Pick a number (1-10) and match it to a pre-made list of activities
- Flip a coin: heads = stay in, tails = go out
- Let each of you secretly plan 1 hour of the night

### Stay-in but make it feel special

- Cook something new together (or mess it up and laugh about it)
- Build a blanket fort + watch a nostalgic movie
- Do a "taste test night" (snacks, desserts, or drinks)
- Give each other mini spa treatments

### Easy go-out ideas

- Go somewhere simple: coffee shop, dessert spot, or late-night drive
- Walk around a bookstore or target and pick something for each other
- Try a random restaurant you've never been to
- Go watch the sunset or city lights

### Slightly creative

- Make different parts of a meal (apps-dessert)
- Make a shared playlist and listen through it
- Write future bucket lists together

## TRAIL BLAZERS

Spring has sprung! What better way to celebrate the season than a scenic, beachy trail walk! Here are some we recommend:

- Crystal Cove Trail
- El Moro Canyon Trail
- San Clemente Beach Trail
- Bluff Top Trail
- Top of the World
- Huntington Beach Santa Ana River Trail

## LOVE ON THE BRIGHT SIDE

We've got some bright ideas to check out to light up your date night!

- Holey Moley Mini Golf
- Neon Bowling at Bowlero
- Silent Disco
- Karaoke room with neon set up
- Laser tag
- Rollerskating Rink

## NOTES

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Contact the Marriage Team at [marriage@marinerschurch.org](mailto:marriage@marinerschurch.org) with any questions about our ministry, getting marriage help, or ways to serve with us!