

Above all else, love each other deeply, because love covers over a multitude of sins. (1 Peter 4:8)

Bea with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. (Colossians 3:13)

Submit to one another out of reverence for Christ.

Wives, submit yourselves to your own husbands as you do to the Lord.²³ For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior.⁴ Now as the church submits to Christ, so also wives should submit to their husbands in everything.

Husbands, love your wives, just as Christ loved the church and gave himself up for her²⁶ to make her holy, cleansing her by the washing with water through the word,²⁷ and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.²⁸ In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. (Ephesians 5:21-28)

MARRIAGE ACTIVITIES

1. Pray together. Find a time that works for you.
2. Talk about the kids. Go ahead—you have them in common.
3. Establish a family devotional time.
4. Read the Bible on the same schedule. Talk about your thoughts.
5. Work through a conversational devotional together
6. Go to a garden show.
7. Host an at-home dress up date night for your spouse.
8. Feed the birds.
9. Go shooting together.
10. Drive through an interesting neighborhood and look at houses.
11. Grab a hotel room in the city—or in the country—for a night.
12. Ride ATVs together.
13. Visit the fair and have some cotton candy.
14. Walk on the beach.
15. Karaoke. Just play a song on YouTube on your phone.
16. Barbeque a meal together.
17. Go to a sports game together. Don't forget the hot dogs.
18. Head out to garage sales on a Saturday afternoon.
19. Recreate your first date.
20. Get your hair cut at the same time.
21. Grocery shop together.
22. Go camping for the weekend—or for a night.
23. Learn massage to bless your marriage.
24. Dream about the future.—think about what it will look like.
25. Go see a waterfall nearby that you haven't seen before..
26. Go to Home Depot with your husband.
27. Go bowling.
28. Canoe or kayak a river.
29. Go to a music concert together.
30. Double date! Find another couple you enjoy and go out.
31. Read a book together.
32. Double date at your house—make snacks and play a game.
33. Go out for ice cream.
34. Park on an overlook and talk about the future.
35. Make an inside joke.
36. Get takeout and eat somewhere fun like a park.
37. Plan some frugal mini-adventures.
38. Hang out in a bookstore together.
39. Sit on the porch together.
40. Paint a room together.
41. Grab dinner together whenever and where ever you can.
42. Go see a lighthouse.

- 43.Walk through your neighborhood together.
- 44.Head into the forest.
- 45.Visit a ghost town.
- 46.Have a snowball fight.
- 47.Clean the garage as a couple..
- 48.Go to church.
- 49.Play a card game. Double solitaire is fun for two people.
- 50.Grab a cup of coffee and hold hands while you sip.
- 51.Go to the theater, local high school play, etc.
- 52.Compliment your spouse. Try doing it once a day.
- 53.Go cross-country skiing.
- 54.Take a class together - dancing, programming, or cooking.
- 55.Check out your local newspaper for fun events.
- 56.Play a board game.
- 57.Have a potluck with some couples from church at your home.
- 58.Go window shopping.
- 59.Try golfing. Mini-golf is my speed,
- 60.Visit his mom. Do it joyfully because he loves her.
- 61.Go on a day hike.
- 62.Make dinner together.
- 63.Talk about your finances together..
- 64.Go dancing!
- 65.Find a new summer date night.
- 66.Sit on the beach or on a lake shore or by a creek in the dark.
- 67.Visit an art museum.
- 68.Head to a state park or monument for the day.
- 69.Climb a mountain.
- 70.Plan out your date beforehand.
- 71.Go skydiving.
- 72.Shoot some rapids.
- 73.Go sledding.
- 74.Fly a kite on a windy day.
- 75.Play giant chess at a nearby mall—or a regular game at home.
- 76.Go line dancing.
- 77.Spend time hanging out looking at the stars/clouds together.
- 78.Visit the zoo.
- 79.Head out for a bike ride together.
- 80.Laugh. Laugh long and loud and hard.
- 81.Go swimming.
- 82.Visit a tulip, lily, or other flower farm or gardens.
- 83.Visit a few art galleries. Talk about what you like. Hold hands.
- 84.Make a pie together.
- 85.Go to a history museum.
- 86.Spend time reminiscing (look through old photo albums).

87. Have lunch out.
88. Hug. A lot.
89. Clean out the closet as a team..
90. Make some caramel apples and go leaf jumping.
91. Ride go karts together.
92. Go to a wedding (remember your love for each other).
93. Smile. Laugh. Tickle. Completely lose it together.
94. Go to the farmer's market. Sample the sweets. Pick up veggies.
95. Go fishing. Or hunting.
96. Swing at the park. See who can get higher.
97. Go snorkeling.
98. Take a vacation if you can.
99. Find a fun walking tour in a nearby city.
100. Go to a weekend marriage conference.
101. Shoot some hoops.
102. Head to a food festival nearby, like a garlic festival.

50 DATE IDEAS FROM FRUGAL TO FANCY

1. mini-golfing
2. coffee shop
3. beach trip
4. walk in the park
5. favorite restaurant
6. new restaurant
7. browse IKEA
8. burgers and milkshakes
9. visit the big city
10. walk through a small town
11. visit a specialty chocolate shop
12. bowling
13. ice cream/frozen yogurt shop
14. outlet stores shopping spree (or window shopping)
15. cooking class
16. art class
17. woodworking class
18. romantic dinner at home
19. movie at the theater
20. RedBox movie at home with favorite snacks
21. attend a convention (homeschool, RV, sportsman, etc.)
22. picnic
23. grocery shopping
24. hike a local mountain trail
25. go to a live play or theater show
26. browse a bookstore while sipping your favorite hot drink

27. visit a museum
28. do something crazy, like roller skating or ice skating
29. play a game – board, card, PC, whatever kind you like!
30. visit the zoo or tour a local farm
31. shoot guns (target practice at a shooting range)
32. go hunting
33. browse the local farmer's market
34. go to a seasonal event (fireworks, county fair, etc.)
35. drive in the mountains
36. spend the evening stargazing
37. river cruise
38. ride go-karts
39. horseback riding
40. a night away – splurge on a hotel with a hot tub, room service, etc.
41. go flying – helicopter, hot air balloon, small airplane
42. skiing or snowboarding
43. dinner cruise
44. kite flying
45. flea market browsing
46. double date with friends
47. bike or motorcycle ride
48. u-pick berry patch or orchard
49. house/land search (line up several places to look at)
50. take-out and Netflix at home (this is our go-to date!)

MORT'S 50 WAYS TO TALK AND TOUCH LIST

Mort Fertel's Marriage Crisis Program: <https://marriagemax.com>

1. Express confidence in one of your spouse's decisions
2. Share dessert with one fork
3. What was "your song" when you were dating? Call your spouse and sing it to them.
4. Surprise visit your spouse at their office/home and give them a kiss... and then leave.
5. Play footsie next time you sit together
6. Learn a new joke today and share it with your spouse
7. Ask how your spouse's day went... and really listen
8. Kiss your spouse upon waking
9. Kiss your spouse before sleeping
10. Caress your spouse's hand
11. Touch your spouse's cheek or hand while driving
12. Rub shoulders next time you sit next to each other

13. Sit on your spouse's lap or sit them on yours
14. Compliment something your spouse is wearing
15. Call your spouse out of the blue to let them know you are thinking of them
16. Give your spouse a neck or shoulder massage
17. Share a story from the news or your day that you thought was interesting
18. What about dancing before dinner? No one's looking.
19. Tell your spouse that if you had to do it all over again, you'd choose them
20. Share a problem - thank your spouse for their concern
21. Play with your spouse's hair while talking in bed
22. Fall asleep holding hands
23. Remind your spouse to drive safely next time they leave the house
24. Call your spouse at work with the latest news.
25. Have a tickle "fight"
26. Say "I'm sorry" about a mistake you recently made
27. Think of 3 ways your spouse has made you a better person ... tell them now
28. Compliment your spouse on your favorite physical trait
29. Play Twister and let yourself laugh out loud
30. Look at your spouse when they are unaware of your gaze ... share your feelings
31. Share what you most admire about your spouse
32. Have a "remember when?" moment.
33. Thank your spouse for helping you through a challenging time in your life
34. Find a reason to touch your spouse when you are in the same room
35. Dig out the wedding album and reminisce
36. Hold hands under the table
37. Brush your mate's hair out of his/her eyes
38. Straighten his tie, being sure to touch him with love
39. Button or zip her dress, being sure to touch her with love
40. Knead the same dough together
41. Kiss in the elevator when no one is looking
42. Express confidence in your spouse's ability to overcome a problem
43. Listen to your spouse's worries - ask how you can help
44. Make your spouse's lunch for the day ... deliver it with a kiss
45. Send your spouse a fax with your special "code words" for I Love You!
46. Turn off your spouse's alarm clock...wake them with a massage
47. Kiss the back of your spouse's neck while he/she is reading
48. Before parting, tell your spouse you can't wait to see him/her again
49. An extra hug for no reason at all never hurt anyone
50. "Spoon" your mate while sleeping

FALL ACTIVITIES

1. **Go for a walk and enjoy the fall foliage:** Take a walk in the woods, or somewhere with a lot of trees, and enjoy the changing colors.
2. **Bundle up for a picnic:** Skip the usual dinner at a restaurant and go for a picnic on your next date night. Cook your sweetheart's favorite foods and pack them in a picnic basket. You can go to a local park, or take a drive until you find the perfect spot. If all else fails, go for a picnic in your own backyard! You can also have an early morning picnic or late night picnic in your backyard while your kids are still in bed.
3. **Make giant leaf piles and jump in:** You're never too old to jump in a pile of leaves!
4. **Make caramel or candy apples together:** Don't let bad weather ruin your date night! Have a date night in and make caramel or candy apples together. Enjoy your treats by the fireplace, or while watching a movie.
5. **Go to the zoo:** Zoos tend to be more crowded during the spring and summertime. However, during the fall months there will be less people and the animals are more likely to be out and about since the temperatures are cooler.
6. **Attend a fall festival or fair:** Fall brings an abundance of fall festivals and fairs no matter where you live. Be sure to check Facebook for special deals and offers on fair admission. You might be able to find early bird passes at a steep discount.
7. **Go apple picking:** Apple picking is a great way to get outdoors and spend time together, and it's lots of fun. Another great thing about apple picking is that you can use the apples you've picked to make a pie together, or make candy apples. Or what about these
8. **Build a fire and roast s'mores:** Nothing says fall like bonfires and s'mores. Enjoy a date night outdoors by a roaring fire and roast s'mores together. Furthermore, to make an even more romantic night, go to a local beach. They will be less crowded, plus you can enjoy your s'mores by the ocean.
9. **Go through a corn maze:** You don't have to be a kid again to enjoy an old-fashioned corn maze. Spend an afternoon navigating your way through a corn maze. It will not only be fun, but it will help build your teamwork as well.

- 10. Go on a hayride:** Take a look around your city for a place that offers hayrides. This is a great way to spend quality time together, plus it's a lot more romantic when your kids aren't with you.
- 11. Go to a local football game:** Fall brings football season. Go to a nearby city, high school, or even college football game. If football isn't your thing, then consider just tailgating instead! Don't forget to bring a blanket to snuggle up under.
- 12. Surprise your spouse by making date night a date lunch:** Sometimes I ask my husband to meet me somewhere for lunch. Depending on where we decide to eat, I will swing by work and pick him up. We don't get to spend a long time together, but this is a fun way to see each other during the day when we normally wouldn't, and it is always an hour well-spent. Maybe this is something you could do, too.
- 13. Go canoeing:** This is an activity that my husband and I always enjoyed together when we were dating. It's something we still like to do, though our time is limited these days. Create beautiful memories together of paddling canoes, picnicking on the riverbank, swimming, and sun-kissed skin.
- 14. Rent a boat and go out on the lake:**
- 15. Hike the local trails:** Hiking is probably one of my most favorite date activities. It is the one thing I absolutely insisted on doing in Hawaii when we went alone. I love to hike almost any time with the whole family, but hiking together as a couple is a bonding experience for sure!
- 16. Visit the drive-in:** Have you ever been to a drive in? I haven't. There is one a few towns away from us and I am really hoping that my husband and I can sneak away for a few hours to watch a movie there. Seems romantic, don't you think?
- 17. Go dancing:** My husband and I have never been big dancers. However, I do think this kind of activity would be lots of fun. We've considered taking salsa lessons. I'm thinking it will turn out to be really exciting and fabulous exercise, or a complete embarrassment and a flop. Either way, I want to try it. Have you ever taken dance lessons as a couple? Of course, you always have the option of going out to a club if you're into that, it's just never been our "scene."

- 18. Enjoy a candlelit dinner on the patio:** Staying home for a nice dinner on the patio could be a relaxing way to enjoy time together. Hire a sitter or ask a family member to watch your children. Take some seasoned chicken breasts, fresh veggies, and a favorite wine along and grill your dinner while you sip drinks and chat. Enjoy spotting stars or watching the sun set as you eat and talk. Easy-breezy, and only a few steps out your door.
- 19. Go camping:** If you are able to get away overnight, camping might be a fun “date night” option. All you need is a pup tent, a few dinner and breakfast choices, and your sleeping bags. Build a fire, take s’mores supplies along, and laugh together as you sit by the fire. I can’t think of anything better than snuggling with my husband and awakening in his arms to the sun rising and the twittering of birds in the morning.
- 20. Check out the shops downtown:** My husband and I have always enjoyed getting to know the area anywhere we have lived. Finding little diners where we can grab breakfast, a specialty shop that offers sipping chocolate, and browsing through antique shops are some of our favorite things to do. We love to stroll through town, peek in the windows, and just have fun together as we talk and shop. Try it!
- 21. Complete a project:** Are you finishing a basement, painting walls, or decorating a bathroom? Though this kind of thing can be challenging in a relationship, you can also have fun. My husband and I once enjoyed an entire weekend of painting and cleaning a home we needed to sell. It was hard work but we had a great time! Working together to accomplish a goal is an amazing thing, and I believe if you work hard and practice patience then you will grow closer together as you work.
- 22. Go biking:** If you are into biking, or perhaps you just want to be, then this could be another activity that will help you get fit and enjoy time together. Grab your bikes and head off on an adventure together!
- 23. Play a favorite game:** My personal favorite right now is Scrabble. Do you like to play cards, Boggle, Othello, Risk or something else? Pull out a few games and challenge one another...winner gets to choose dessert!
- 24. Go for a scenic drive:** You know that scene at the end of Cars (the kids movie) where Sally and the car guy go driving through the mountains? It really can be a beautiful, romantic way to spend an afternoon to go for a drive and take the scenic route!