

November 8, 2015
Two Ignite Sunday: Why Date Night Could Save Your Marriage
Adam Donyes

1. Psalm 46 is a well-known Psalm. Adam quoted the first part of verse 10: **“Be still and know that I am God.”** The Psalm begins “God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear

*What fear have you faced that made you most obviously cling to this admonition: “Be still and know that I am God.”

2. Adam also quoted Song of Songs: “Do not stir up love until it is ready.” This is a recurring refrain found in the book in three places 2:7, 3:5, and 8:4.

*Why do you think it is found so often or used as a refrain in this love poem?

*What are some other times something was repeated three times in the New Testament and what might have been the purpose? (**Peter denying Jesus, the resurrected Jesus telling Peter to feed his sheep.**)

3. Adam presented this quote: “Instant gratification is the enemy of true intimacy.”

*What are some cultural examples Adam gave of instant gratification?

*Do you have an example from your life or the life of someone you know of the desire for instant gratification?

*How might instant gratification have a negative effect on true intimacy before and after marriage?

4. We’ve heard many times that healthy marriages require work.

* Marriage requiring work is not an anomaly. What other good things require work?

*What are some examples of the kind of work necessary for a healthy marriage?

5. What did the letters in DATE stand for? (**Disconnect, Ask Questions, Thoughtfulness, Experience.**)

6. Married couples are encouraged to disconnect in order to focus on each other.

*If you dated in 15, how has it affected your marriage?

*What is your favorite way to disconnect?

7. Ask Questions to engage hearts.

*What’s the last question your mate asked you?

*Consider asking each other a question this week and share what you learn with the group (if it’s a shareable question and answer that is).

8. What thoughtful act has your mate done for you in the last few weeks?

9. What is one of your favorite experiences with your spouse, both typical and atypical?

10. What is at the top of your shared bucket list? Or what do you want to do together before death parts you?