



POWER COUPLE

DATE NIGHT CHALLENGE

Welcome to Power Couple! We created this experience to help YOU invest into your relationship. Whether dating, engaged or married we believe these sessions will help you grow in the key areas of relationships while setting a Godly foundation. But we want you to take this farther than just watching some videos!

BELOW ARE 5 DATE NIGHT CHALLENGES

to get you communicating about each of these topics, so that you can build a thriving future marriage or strengthen your current one. Don't put tons of pressure on planning the perfect date, you can go to a nice dinner or walk around a park. The point is to spend quality time together where you can communicate!

1

Build Your Faith Foundation

- Watch Sessions 1 & 2. As you watch: take notes individually on things that stick out to you, questions that pop up and vision that begins to stir.
- Plan a fun Date Night out where you can have undistracted conversation. No phones, no other people, just you two ready to talk!

On your date night share your takeaways and answer these three questions together:

1. What does a Godly foundation mean for our marriage?
2. What are some words or phrases that describe the vision we have for our marriage?
3. What are action steps we can take towards our vision?

**Final Challenge:
Pray together**

Spend some time praying for God to help you craft a vision for your marriage, for areas of struggle and for his love, grace and hope to lead you into a thriving marriage!

The SYMBIS (Saving Your Marriage Before It Starts Assessment) is a great tool to learn more about all the aspects of your relationship. If you've already taken the assessment, watch Session 3 and spend time discussing your results! If you'd like to take the SYMBIS Assessment you can email: infoaustin@redrockschurch.com.

2

**Communicate
about...well
Communication**

- Watch Sessions 4 & 5. As you watch: take notes individually on areas of conflict in your relationship, tools that you believe will be helpful and conversations that need to be had.
- Plan a Date Night in a quiet place where you can fully engage in listening, sharing and feel freedom to speak with full transparency.

On your date night share your takeaways and answer these three questions together:

1. What are our biggest strengths in communicating?
2. What are our biggest weaknesses in communicating?
3. What topics do we need to start communicating about with a healthy approach to conflict to find resolution?

**Final Challenge:
Pray for one another**

Spend a few minutes praying for one another, speaking truth and identity and asking God for his blessing in your significant other's life.

3

Shareholders Meeting

On your date night share your takeaways and answer these three questions together:

- Watch Sessions 7 & 8 (we will come back to Session 6). As you watch: take notes individually on where you feel challenged in finances, areas of needed conversation and vision for your financial future.
- Plan a Date Night specifically focused on your finances.

1. Talk honestly about your views and fears when it comes to money and the vision you feel God is speaking to you.
2. Create a Budget together. If you already have one talk through it and places of needed adjustment/conversation.
3. Utilize the free tools on Ramsey+ to work through budgeting, funding plans, debt analysis future planning.

**Final Challenge:
Invite God In**

Spend a few moments praying together for God to speak into your finances. Place your stress, vision and treasure in His hands and invite him into this area of your life!

4

The Talk

- Watch Session 9. As you watch: take notes individually on the ways you feel challenged when it comes to sex. Make notes of places of pain and shame as well as calling and vision.
- Plan a Date Night in a quiet place where you can fully engage in listening, sharing and feel freedom to speak with full transparency.

For Married Couples:

1. Talk honestly about intimacy in your marriage. Is sex a place of unity and freedom? Or has it become combative, competitive or absent? Is pornography an issue?
2. Let each of you talk openly about places of pain, shame, insecurity, desire and vision?
3. Answer this question: what would it look like to enjoy the gift of intimacy and sex in our marriage the way God intended us to?

For Dating/ Engaged Couples:

1. Talk honestly about intimacy in your relationship. If you are having sex, speak openly about that area of your relationship and what hearing about God's plan for sex has challenged or inspired in you. If you aren't having sex, talk about helpful boundaries in the here and now and vision for your future marriage.
2. Talk about pornography with humility and grace and what it looks like to build a future of freedom and trust.
3. Answer this question: what would it look like to follow God's plan for intimacy and sex and what would it do for our future marriage and family to run after that?

Prayer Challenge: Repent, Forgive, Restore

Spend some time praying together. If there are places of sin in your life bring those to Jesus to receive his grace and turn to the freedom he has for you. If there are areas of needed apology or forgiveness pray it out together. Pray for restored identity and victory over shame, insecurity and lies of the enemy that have crept into your relationship. Pray for the thriving sex life God designed for your current or future marriage.

5

Create Your Vision

- Watch Sessions 6 & 10. As you watch: take notes on wisdom that sticks out to you, inspiration from the stories of the Newports and Johnsons and ideas for your vision.
- Plan a celebratory date night out!

On your date night:

1. Share your final takeaways from Power Couple and the biggest action steps from here.
2. Put together a vision statement for your marriage.
3. Find a creative way to keep this vision statement ever present in your lives. We've seen couples paint their vision on a wall in their home, get tattoos, have a night of declaration of reading their vision together so have fun with it!

Prayer Challenge:

Spend a few minutes thanking God for your relationship and for being present in all the work you've done. Then, pray your vision! Declare it to God and ask him to take your vision and do abundantly more than you could ask or imagine with it.