

Date Night

In a world that moves fast, date night slows you down long enough to remember who you are together. It's not just a luxury for couples with free time; it's a lifeline for every marriage that wants to grow stronger, not just older.

Between kids, work, and screens, most couples spend far more time next to each other than with each other. Date night changes that. It's a sacred pause, a time to laugh again, dream again, and listen without distraction. Studies show that couples who regularly prioritize date nights report higher satisfaction, stronger communication, and deeper intimacy in their marriages. Simply put, investing time together is one of the most loving and protective things you can do for your relationship.

But connection isn't built by accident; it's built by intention. That's why we are challenging couples to set technology aside and rediscover the joy of presence. It's not about adding pressure or creating perfection; it's about learning to be together again. So, whether it's been a week or years since your last date night, start again. Turn off your devices, turn toward each other, and let connection and faith lead the way.

Here's how to get started:

TALK TOGETHER

Technology is an incredible tool, but it can also become a barrier between us. Spend time together talking about the ways devices help and hurt your connection. Discuss what helps you both feel most present and loved, and focus on your own actions, not what you'd like your spouse to change.

CONSIDER THE COMMITMENT TOGETHER

Consider making one or more of these commitments to each other (or create your own): Make date nights a tech-free zone - put devices away during dates or times of connection (except to check for calls from the babysitter).

- **Check with each other before sharing personal stories or photos online. What feels funny or cute to one spouse might feel private to the other.**
- **Protect your marriage by setting up accountability — through one another or trusted friends — using tools like [Covenant Eyes](#) (use promo code CONNECTED for a free 30-day trial).**
- **Use technology to encourage, not distract — send a text during the day just to say, "I love and appreciate you."**
- **Share all passwords and give full access to devices as a way of building trust and transparency.**
- **Prioritize face-to-face conversation over emails, texts, and notifications — showing that your spouse always comes first.**

CONNECT AND DREAM TOGETHER

Take time to dream together. What are some fun, meaningful ways you'd like to reconnect as a couple? Write those ideas on slips of paper and place them in a "date jar." The next time you plan a night together, draw one and make it happen.

PRAY TOGETHER

When it comes to spiritual connection, nothing unites a couple more than praying together. It can feel awkward, especially if you haven't done it in a while, but embrace the awkward. Studies show that couples who pray together regularly experience a divorce rate of less than 1%, compared to nearly 50% among couples who don't. Prayer softens hearts, builds empathy, and reminds you both that you're on the same team, depending on the same God.

If praying together feels uncomfortable at first, that's okay. Start small. Hold hands. Pray a short, simple prayer like this one. What matters most isn't the words — it's the willingness. Every time you pray together, you invite God into your marriage — and nothing unites a couple more deeply than that.

"Thank you, God, for our marriage. Thank you for the gift of technology and the benefits we enjoy because of it. Give us wisdom and discipline to use it in ways that honor You. Help us to disconnect from our devices so we can connect more deeply with each other. Strengthen our relationship and draw us closer to You. In Jesus' name, Amen."

Technology can't replace real love, but it can either strengthen or strain it, depending on how we use it. So this week, take the challenge: put away the screens, look each other in the eyes, and rediscover what brought you together in the first place.

Because when you disconnect from distractions, you reconnect with what lasts.