

# *Reconnect*

## **Best Use**

A date night activity and discussion guide

## **Nutritional Value**

Husbands and wives evaluate communication skills and explore ways to better convey thoughts and feelings.

## **Advance Preparation**

- Schedule a dinner or coffee date
- Bring a pencil and a piece of paper or tablet
- Each spouse will choose any 3 of the following to draw . . .  
(Keep your choices secret)
  - A favorite love song you both know
  - His or her favorite Bible character
  - A movie you watched together before marriage
  - One of your most adventurous activities together
  - A memorable date or favorite date place
  - A favorite destination you have traveled together
  - Your most embarrassing moment together
  - Something that would remind your spouse of a wedding day memory.

## **During the Date**

Discuss any or all of the items on the reverse side.

## **Discuss**

1. Each spouse will take turns drawing a chosen item without speaking. The guessing spouse may ask yes or no questions but the “artist” can only nod or shake his/her head.
2. After your fun exercise, answer the following questions together. . .
  - How successful were you in guessing what your spouse was drawing?
  - What caused you to sometimes misinterpret your spouse’s picture?

## **Reflection Questions**

1. Discuss this quote. *“We often judge others by their actions, but we judge ourselves by our intentions.”*
2. Check at least two ways you can improve your communication skills to cut out the guessing game.
  - Think and pray before I speak
  - Clearly articulate what is on my mind
  - Quit expecting my spouse to read my mind
  - Use voice tones that are kind
  - Humbly communicate my needs and desires
  - Listen more and talk less
  - Strive to understand and empathize more with the needs of my spouse
  - Realize that my unspoken expectations can cause miscommunication and frustration
  - Choose my words wisely
  - Schedule time to talk in non-conflict moments before hectic situations
3. The best time of day for us to talk is \_\_\_\_\_.
4. Proverbs 12:18 says, *“Reckless words pierce like a sword but the tongue of the wise brings healing.”* Take time to verbalize your love for one another.

## **BONUS**

Before you go to bed tonight, discuss tomorrow’s schedule and communicate plans you have in mind.