

Date Week Two

What are your expectations? Why did you get married? What is most important to you about your spouse? This week I want you to look seven areas of expectations in marriage. Rank them in order of importance to you (1 for very important; 7 for unimportant). Then go back through the list and rank them according to their importance to your spouse.

Part 1 – Expectation Survey

- ___ ___ 1. Security – The knowledge of permanence in the relationship and of financial and material well-being
- ___ ___ 2. Companionship – Having a friend who goes through all the joys and sorrows of life with you, a soul-partner; having common areas of interest
- ___ ___ 3. Sex – The oneness that comes through physical intimacy in marriage; the initiation and enjoyment of a growing love relationship
- ___ ___ 4. Understanding and Tenderness – Experiencing regularly the touch, the kiss, the winks across the room that say, “I love you,” “I care,” “I am thinking of you.”
- ___ ___ 5. Encouragement – Having someone verbally support and appreciate your work and efforts in you profession, in your home, with the children, and so on.
- ___ ___ 6. Intellectual closeness – Discussing and growing together in common areas on intellectual thoughts
- ___ ___ 7. Mutual activity – Doing things together - politics, sports, church work, hobbies.

Part 2 – Degrees of Involvement in Marriage

- A – Minimum
- B – Moderate
- C – Maximum

1. Where would you place your marriage style – A, B, or C?
2. Which degree of involvement would you like to have in your marriage?
3. What is realistic for you at this stage of your marriage?

Part 3 – Setting Realistic Goals

To set realistic goals for your marriage, consider the following three questions:

1. In Part 1, how far apart are your expectations?
2. In Part 2, how involved do you want to be with each other? What style of marriage do you want?
3. How can you devise a plan of action to get where you want to be?
List possible goals:

Answer three questions:

1. What? (choose one goal)
2. How? (things you will do to help accomplish your goal)
3. When? (write in your calendar!)

Post-Date Application

- Follow your new intentional marriage plan
- Keep an intentional marriage journal together to monitor your progress. (for example. “Today we got up 10 minutes early for our couple-sharing time. It was so meaningful, we plan to repeat it tomorrow!”)
- Keep looking for the positive and complimenting each other.
- Continue your habit of dating.
- Together make a list of future dates you would like to have. A “Restoring Hope” marriage will remain full of hope and healthy as you nurture it.

