



The Importance of Dating After “I Do”

Please, take a minute and wander down memory lane with me, all the way back to one of your favorite dates as the then-girlfriend to your husband.

Picture yourself getting ready. Hair primped to perfection, you try on a few outfits until you find the right one. Your toe taps expectantly—partially to the beat of your awesome playlist and also to the race of your nervous heartbeat.


He picks you up, looking handsome as ever. The evening’s events blur in your memory, but you recall the feelings. Excitement at hearing him say your name. Anticipation to get to know one another better. Passion as you share a kiss, enveloped in the safety and warmth of his arms.

That’s the importance of dating after you say, “I do.” Those feelings aren’t meant to fade with time. Sure, you may dress up less often. Some dates may even include watching movies at home in grungy PJ’s eating from takeout boxes, but these evenings retain the connection you remember. The eagerness to spend time with one another, tarnishes over time if not properly cared for.

As husband and wife, your time together vastly comprises real life things. Responsibilities like the 4 C’s: cooking, cleaning, children, and corporate obligations. Date nights afford you the opportunity to come together and *not* talk about the kids. Or the appliances that need fixing or schedules that need changing.

Dates are time to sit and be together. To hit the refresh button on your relationship as you enjoy fun experiences and light conversation. I’ve heard married women say that while they enjoy the stability of marriage, they miss the romance and excitement of dating. Friends, we get the best of both worlds. Date your mate. Don’t let your past “I do” limit your interactions to task lists and serious conversations.

Have I convinced you yet? Are you rekindling a passion for prioritizing date nights in your life? Great, here’s how to get started.

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1. **Make a schedule.** Find a time that works best for both of you in your current season. For many couples, scheduling a weekly date night is ideal. But maybe for you that's once every other week or once a month with a few 30 minute at-home coffee dates built in between outings.
 2. **Make a plan.** Determine who will do the planning, your budget, and what you want date nights to look like. Perhaps you take turns rotating weeks to plan activities the other spouse would especially enjoy. Or maybe you take a date night to brainstorm fun ideas and save them in a jar to pull from later. Dates don't have to be expensive or extravagant. Go to coffee. Drive around town looking at pretty houses. Go to the park or take a bike ride. If you have young children and can't afford a sitter, wait until the kids go to bed and spend 20 minutes sitting on the porch instead of running that 2nd load of laundry. The important part is investing in your relationship together.
 3. **Make it a priority.** Competing events are going to spring up. Be flexible and mix schedules around as you need to, but keep this one-on-one quality time as a priority. You owe it to yourself and to your relationship to keep dating your husband.