

ADVENTURE DATE

Trying something new and taking risks

DATE IDEAS

1. Get in a 5k Run, Walk or Hike. You can break it up into one mile increments, so long as you get in the 3.1 miles. This week is designed to get you off the couch and get the blood flowing.
2. Get out of your comfort zone together and enjoy the adventure of serving alongside each other. As a couple, volunteer in your community. Serve together at church, sign up for a short term missions trip or volunteer for a local shelter.
3. Go to a professional or collegiate sporting event together. If you know nothing about the sport or the event, even better. Stretch yourself for the adventure and try to find the lure behind the event.
4. Make a list of the 5 most popular local attractions in your area you have yet to visit. Then rank them in order of popularity or personal interest, try to go to as many as time and money afford you. Make your list and ranking separate from your spouse then compare lists.
5. If we only had \$10 to spend tonight and we had the whole night together, we would _____.
6. Save money and live your local dream date night. What restaurant would you most like to go to? What activity, show or event would you attend yet never allow yourself to spend the money on? Pamper yourselves. 7. Choose a type of food you have never tried (e.g. Thai, Mexican, Indian, etc.) and go out to that restaurant together. Be risky with your choice on the menu. Don't be afraid to try something new. Remember, it's about adventure.
8. Is there an activity, sport or hobby neither one of you are that good at but would love to try together? Step out of your comfort zones and give it a try. You could go shooting at a gun range, ice skating, kayaking, dance lessons, etc.

9. Take a night and rearrange the furniture in your house. Go around and try new concepts and ideas for seeing your home differently. Leave it this way for a few weeks. If you don't like it you can always change it back.

10. Dig out old family pictures and videos. Go through each of them and reminisce on old adventures you had together or as a family. Use it a catalyst to begin talking about and planning your next big adventure together.

ADVENTURE52

1. On a scale of 1-10, how adventurous is our life together?

2. Would you call me adventurous?

3. What is the last totally spontaneous thing we've done together?

4. What do you think of when you think of adventure?

5. Do I have any adventures personally that you feel get in the way of us as a couple (e.g. hunting, shopping, golf, watching sports, etc.)

6. As your spouse, how can I help you be more adventurous?

7. The biggest barrier to adventure in our marriage is _____.

8. Some creative ways to work around or overcome that barrier include _____.

9. When it comes to adventure in our marriage, I feel most loved when you _____.

10. Did you ever see your parents being adventurous?

11. Who in your life has shown you a great example of being adventurous?

12. When was the last time you felt really brave?

13. When was the last time you saw me do something courageous?

14. When was the last time we took a big risk as a couple?
15. What is your favorite action/adventure movie?
16. Before I turn _____ years old, I want to _____.
17. Have you ever done something you were really scared to do, just to impress me?
18. When was the last time you felt genuinely scared?
19. What is your biggest fear?
20. Have you ever been in a situation where you wondered if you would actually survive?
21. When was the last time you felt truly alive?
22. If you could try at least one Extreme sport, what would it be (e.g. skydiving, snowboarding, bungee jumping, scuba diving, etc.)
23. What one outdoor activity would you like me to try?
24. The only thing keeping me from exercising more is _____.
25. Create a bucket list of 5 outdoor adventures you could accomplish together in the next year (e.g. horseback riding, 4-wheeler riding, snowmobiling, water skiing, etc.)
26. Create a bucket list of outdoor adventures you would like accomplish together in the next 5 years (e.g. skydiving, surfing, scuba diving, go on a safari, etc.)
27. What activity/sport/hobby brings out a competitive, adventurous, tenacious spirit in you?
28. Create a bucket list of 5 of the world's most iconic places you would like to visit.

29. Where in the world are you most afraid to go?

30. Would you ever be willing to travel there? Why or why not?

31. If we sold all we owned and took off on an adventure for one year, where would we go and what would we do?

32. If we could save money and travel abroad, what one place would you like to visit? (Go ahead and start planning it)

33. Is there a long weekend available for you to plan a road trip together?

34. If you could go away by car for a long weekend, where would you go? Where would you stay? What would you do?

35. If you could go away by plane for a long weekend, where would you go? Where would you stay? What would you do?

36. What are the 5 most popular local attractions in your area you have yet to visit?

37. If we only had \$10 to spend tonight and we had the whole night together, we would _____.

38. If money were not an issue, what would your dream date night look like? What restaurant would you most like to go to? Activity?

39. What type of food have you never tried (e.g. Thai, Mexican, Indian, etc.) but would be willing to try together?

40. Is there an activity, sport or hobby neither one of you are that good at but would love to try together?

41. Think of a scene from one of your favorite movies and act it out together.

42. When was the last time you had a dance party together in your kitchen? Go for it!

43. When was the last time we chased each other around the house like a bunch of kids?

44. Would you be willing to rearrange our entire house in a very unique way just for something different?

45. What is your gut reaction when church leaders ask us to serve?

46. When was the last time you wanted to respond to a need in our church or community but delayed, procrastinated or flat out rejected it?

47. If I could serve anywhere in our church, I would serve _____.

48. I have never consider serving on a short term trip in a foreign country because I feel _____.

49. If I had _____, I would give more at church.

50. Let's begin regularly praying for the following 3 ministries at our church.

51. What is your greatest fear about getting more involved at church?

52. How would you feel if I committed more at church?