

# RED DOOR DATE NIGHT

## ALPHABET CHALLENGE EDITION

Sometimes the biggest barrier to intentionally pursuing your spouse is the daily and weekly rhythms we find ourselves in. We go to work and come home. Drop kids off and pick them up again. Each day is the same as the last. We often find ourselves falling into the same patterns in our marriage, especially when we have little ones. We try to break out of these cycles by planning elaborate dates or vacations which are too few and far between to have an impact on the day-to-day rhythms of life. This is where the Alphabet Challenge comes in! You will work as a team to plan out simple and fun ways to love each other over the next few months

### GET STARTED //

Use the provided brainstorming sheet to write out as many ideas you can that are loosely based off of each letter of the alphabet. These will be ideas for things to do together before the end of the year and should fall into one of the three categories below (A sample list has been included for reference).

1. **Activities ::** Things to do together
2. **Conversations ::** Specific topics you want to discuss
3. **Tasks ::** Things you can do for each other

Once you have finished brainstorming ideas, choose one idea for each letter (26 total) from the list you created that you will schedule a day to complete in the next step.

### BRAINSTORMING GUIDELINES //

- These are not intended to be elaborate dates. Limit yourself to no more than 3 ideas that require childcare.
- Ideally your ideas should take less than 30 minutes to complete.
- Choose fast, fun, and meaningful ideas so you look forward to completing them.
- Find a way to be accountable for completing the challenge
  - Ask friends to check in about how the challenge is going.
  - Challenge friends to a friendly competition for finishing the challenge

Alphabet Challenge Brainstorm	
A	
B	
C	
D	
E	
F	
G	
H	
I	
J	
K	
L	
M	
N	
O	
P	
Q	
R	
S	
T	
U	
V	
W	
X	
Y	
Z	

## CREATE A PLAN //

Use the attached sheet to plan out each week with which letters you want to complete and which day works to complete it. You can plan out all of the letters or plan a few weeks out and then plan the rest as you go. In order to finish the challenge before the end of the year, try to complete 2 letters per week. There is an additional week just in case life happens. Display this sheet somewhere you can refer to it regularly and track your progress.

<b>Week Of</b>	<b>Letter + Challenge #1 Day &amp; Time (if applicable)</b>	<b>Letter + Challenge #2 Day &amp; Time (if applicable)</b>
9/17 - 9/23		
9/24 - 9/30		
10/1 - 10/7		
10/8 - 10/14		
10/22 - 10/28		
10/29 - 11/4		
11/5 - 11/11		
11/12 - 11/18		
11/19 - 11/25		
11/26 - 12/2		
12/3 - 12/9		
12/10 - 12/16		
12/17 - 12/23		
12/24 - 12/30		

## SAMPLE LIST OF IDEAS

<b>A</b>	<b>A Capella</b> - sing a favorite hymn or song together
<b>B</b>	Play a <b>board game</b> together
<b>C</b>	Have <b>coffee</b> together- sit together in the morning at home or go out to a coffee shop
<b>D</b>	Cook a <b>dinner</b> together
<b>E</b>	Write each other 5 <b>encouraging</b> notes and hide them for your spouse to find during the week
<b>F</b>	Sit together by a <b>fire</b>
<b>G</b>	Tell or write down 5 reasons you are <b>grateful</b> for each other
<b>H</b>	Ask "What is one thing I can do to <b>help</b> you and take something off your plate this week?"
<b>I</b>	Enjoy an <b>ice cream</b> sundae- either out somewhere or design your own at home
<b>J</b>	Listen to <b>jokes</b> in a comedy special online or in person
<b>K</b>	Surprise each other by doing a <b>kind</b> /helpful/loving thing for each other this week
<b>L</b>	<b>Light</b> a candle and snuggle
<b>M</b>	Give each other a <b>massage</b>
<b>N</b>	Write each other <b>notes</b> to read later
<b>O</b>	Go <b>outside</b> and stargaze into <b>outer space</b>
<b>P</b>	Listen to a <b>podcast</b> together
<b>Q</b>	Ask each other this <b>question</b> , "What is one thing I can do this week to love you better?"
<b>R</b>	<b>Read</b> through a book of the Bible together
<b>S</b>	Watch the <b>sunrise or sunset</b> together
<b>T</b>	Go for a drive or visit a park to see the leaves on the <b>trees</b> changing color.
<b>U</b>	Slow dance under an <b>umbrella</b> in the rain
<b>V</b>	Memorize a Bible <b>verse</b> together
<b>W</b>	Go on a <b>walk</b> together
<b>X</b>	Talk and decide- what is one negative habit/pattern that we want to <b>eXit</b> our relationship
<b>Y</b>	Talk about things you want to do together that you haven't <b>yet</b>
<b>Z</b>	See the Cincinnati <b>Zoo</b> Festival of Lights