



The AMAZING Great Date RACE

isa.40.31

Does your daily life seem as hectic as this race? Is there anything that you can do to slow down in some areas? The Amazing Great Date Race, like the marriage race requires good teamwork. How is your team doing in this area?

Physical activity releases endorphins that can make you feel good and release stress. Do you and your spouse have any regular activities that help you benefit in this way as a couple?

Every race has its challenges. What is the greatest challenge your marriage has faced and won? What is the greatest challenge you face as a couple right now?

We chose Isaiah 40:30-31 as this race's key verse. Our busy lives, detours and roadblocks can be exhausting. Read the verse below and notice how active and intentional our pursuit of God should be. Discuss what this would look like in your marriage in order to enjoy the benefits from the later part of the verse. When we draw close to God, His strength sustains us through ALL things. "But those who wait for the Lord [who expect, look for, and hope in Him] will gain new strength *and* renew their power; They will lift up their wings [and rise up close to God] like eagles [rising toward the sun]; They will run and not become weary, they will walk and not grow tired". Isaiah 40:30-31 AMP

Every race has a finish line and a prize. Look ahead in life and describe what a first place finish line looks like for your marriage and what you see as the prize for running well.

the
great
Datexperience



PREPARE-ENRICH
CRISIS-STEPFAMILY
www.allinmarriage.com
facebook.com/AllInMarriage

