Date Nights*

- **Main Point:** Spend quality time with each child and teach them a biblical perspective on life, relationships, and marriage.

- **Preparation:** Take a few minutes to reflect on passages of Scripture that have meant a great deal to you. You might want to bring a Bible on your date.

- **Suggested Age:** All ages

- **Estimated Time:** 1–2 hours

Get into the habit of taking your children on dates. Start when they are still in preschool. It can be a periodic breakfast outing with just Mom or just Dad, or an evening out. While they are young, use this opportunity to tell them personal stories from your life. On each date, tell your child how the Bible has impacted your life. Our children need to hear more than theory and principles; they need to know that the beliefs you’re passing on to them have had a real impact in your life. You don’t need to be profound, just real.

As your children get older, you can—at the appropriate time—use these dates to teach them about proper manners, how to act and talk with the opposite sex, why their purity is priceless, how to look presentable and modest, and a healthy, biblical view on sex and dating.

Regardless of the topic of discussion, make sure you take time to really listen to your child. In these moments, all kinds of wonderful benefits occur—including planned and unplanned conversations.


*For more family night activities and parenting tools please visit ItStartsAtHome.org*