

## Be Light Date Night Series Session Discussion Questions

### Introduction Session:

1. How has God worked in your marriage?
2. When did you first fall in love with your spouse and why?
3. **Parish or Small Group Discussion Questions:** What does “Domestic Church” mean to you? Do you view your home as a local missionary outpost of your church parish? How are you being called to share your marriage with others? Discuss with the group.

### Session 1: *Belonging*

1. Retell the story of how you met, your engagement, your wedding day, or your honeymoon. How has the gift of your beloved in your life changed how you understand God’s love for you?
2. What are some of the most effective ways for your spouse to affirm you? Share that with your spouse.
3. Plan a date night. How can you ensure that time is meaningful?
4. **Parish or Small Group Discussion Questions:** How can my parish or couple friends deepen the sense of belonging to Christ and the Church community? What would the benefits be of belonging to a community where God’s love is tangible? How can our community be more welcoming to new couples and families? Give examples of how couples can work together to affirm each other and their church community (including your clergy!).

### Session 2: *Believe*

1. Do we tend to overestimate our belief in God's existence? His goodness? His doing real things for us?
2. What really makes making time for prayer difficult?
3. What questions would I ask God if he were really real and really heard me and might really answer me?
4. Why don't I take some time and ask him those questions, together with my spouse?
5. **Parish or Small Group Discussion Questions:** How has God worked in your life? What makes prayer difficult? What can our parish or small group community of couples do to grow in relationship with God as married couples?

### Session 3: *Becoming*

1. Take 15-30 minutes to do some healing prayer. If you have kids, help each other out by covering for the other person to give them space to enter into prayer without distractions. Follow the steps to prayer listed in the resource handout included with this session.
2. Take some time to pray a blessing over each other. Work through the awkwardness and ask God to be present to you both. Then ask God to send down his graces and good

gifts on your spouse. *There doesn't need to be a formula, just say whatever comes to mind.*

3. Finally, sometimes our relationships need an objective 3rd party to help us move through the difficulties we're facing. Reach out to a mentor couple (a couple you both admire), a priest or deacon, and don't be afraid to seek the help of a good counselor. Your local
4. parish or Diocesan Office of Marriage and Family Life may have resources of trusted counselors in your area.
5. **Parish or Small Group Discussion Questions:** How has God worked in your marriage over the years? Have there been times where you know that it is the grace of the sacrament of Marriage which has sustained you? How can your Church or Community support your marriage and family life?

#### **Session 4: *Beatitude***

1. When have I been surprised by joy in our marriage?
2. What is the goal of our marriage?
3. How am I living the beatitude of mercy in our marriage? How have I seen my spouse living the beatitudes?
4. Read [Matthew 5:3-12](#). How is God calling us to live these out in our marriage?
5. **Parish or Small Group Discussion Questions:** How have we been able to live out the works of mercy or the beatitudes in our community? How have you grown in your understanding of what truly brings joy? What has your family learned or how have you grown as a family during trying times?

#### **Session 5: *Be Light***

1. What has God done in your marriage thus far? What would be a good way to share this good news with those in most need of hearing it?
2. What are your talents, gifts, or charisms as individuals? What gifts do you have as a couple?
3. Do you pray daily as a couple? If so, is there a way to deepen that prayer? If not, can you think of a basic way to start praying together?
4. **Parish or Small Group Discussion Questions:** What do you think about the idea that you are called to be light in the way that you live out your marriage? What is something new or different about the way that you will live out your marriage moving forward? What do you think your mission as a couple is? How can your home become a "missionary outpost of the local church" where people can receive the love of God and be drawn back to Him?

*Please visit Witness to Love's [Resource Page](#) for more information.*