

Make It a Date – Lesson 1*The Big Picture*

Question: If a rooster laid an egg on top of a barn, which way would it roll? Any idea? Answer: Neither, roosters don't lay eggs. Did you get it right? If so, you're looking at the "big picture." Regardless, we hope you got a "big picture" view of Marriage Mentoring in this lesson. And if you're making a date of it, you might consider one of these two classic stories to compliment your evening. Both are likely to generate a good discussion.

**Movie Recommendation #1**

Kramer vs. Kramer

(Drama; 104 Min; 1979; PG)

Ted is a career-driven yuppie whose wife leaves him and their 6-year-old son. As he adjusts to life as a full-time dad, she comes to reclaim the boy.

**Talk About It**

- What were some signs you observed that this marriage was in trouble?
- How might a positive support system, like Marriage Mentors, be able to help this couple find tools to save this marriage?

**Movie Recommendation #2**

Pride and Prejudice

(Drama, Romance; 130 Min; 2005; PG)

In this retelling of Jane Austen's novel set in 19th-century England, Mrs. Bennet hopes to marry her daughters to prosperous gentlemen.

**Talk About It**

- Why did Elizabeth misinterpret Darcy's honorable intentions?
- How might Marriage Mentors be able to help Elizabeth and Darcy better understand each other's communication style?

**Menu Idea:**

If you're not ordering out for pizza or Chinese to complete your date night, consider scrambling things up with a little egg dish. Eggs are so simple – and when prepared correctly, they can be so tasty (even for dinner). That's why you might consider this recipe for Spanish Eggs. Whatever you choose, we hope you have a great eggsperience (sorry, we couldn't resist).

Recipe: *Spanish Eggs* – 1 hour preparation and cooking time: <http://www.marriagementorsite.com/recipe>

Make It a Date – Lesson 2

Building Rapport and Walking in Another Couple's Shoes

Let's lighten it up a little. The two movie recommendations for this date are both romantic comedies. And they're both a great compliment to this lesson's skills – especially walking in another's shoes (quite literally, in both cases). You're sure to enjoy the conversations they generate.



Movie Recommendation #1

While You Were Sleeping

(Romantic Comedy; 105 Min; 1995; PG)

Lucy is infatuated with a man she's never talked to. His family ends up embracing her when she visits him in the hospital.



Talk About It

- Peter's family immediately embraced Lucy – building instant rapport. How would you feel if you were in her shoes and why?
- What was it that caused Lucy to move from loneliness to the ability to build relationships?



Movie Recommendation #2

What Women Want

(Romantic Comedy; 127 Min; 2000; PG-13)

After a freak accident, Nick can hear the thoughts of every woman around him. He learned he can connect easily with women who he knows their thoughts.



Talk About It

- Would you want to know what people of the opposite sex are thinking?
- What advantages and disadvantages would that give you?
- What did Nick learn by being able to read women's thoughts?



Menu Idea:

Our friends, Scott and Susan, were sailing in Alaska when a boat next to them caught eighteen delicious halibut. They shared their fresh catch with all the fellow boaters nearby, including Scott and Susan. Instant *rapport* was established as a result. This halibut recipe is simple to prepare, delicious and healthy. And if you want to see how it can help build rapport, make it a double date and share it with another couple!

Recipe: *Potato Crusted Halibut* – 1 hour preparation and cooking time: <http://www.marriagementorsite.com/halibutrecipe>

Make It a Date – Lesson 3

Working as a Team and Agreeing on Outcomes

What will it be – a little action or a little drama? Either way, you're in for a great evening of entertainment and a little more opportunity to explore working as a team. This skill is so essential to being effective as a mentoring couple. Unity and agreement are qualities your mentorees will pick up on quickly.



Movie Recommendation #1

The Incredibles

(Animated, Action, Comedy; 127 Min; 2004; PG)

Former superheros Bob and Helen Parr are living average, anonymous lives when Bob, formerly known as Mr. Incredible, yearns for the “glory days.” He jumps at the opportunity be part of a top secret assignment – but it is a trap. They must work together to save their family and the world.



Talk About It

- Violet says to Dash, “Mom and Dad’s life could be in danger. Or worse ... their marriage!” As a culture do we grasp the truth in this statement?
- What does the movie communicate about unity in marriage and working as a team?



Movie Recommendation #2

Cinderella Man

(Biography/Drama; 145 Min; 2005; PG-13)

This true story of Depression-era boxer James Braddock depicts what happens when he loses all his possessions in the market crash of 1929 and returns to the ring to feed his family. He becomes a symbol of hope and perseverance and he literally fights for his family.



Talk About It

- Why did the life of James and Mae Braddock become such an inspiration to the country?
- What does it reveal about how a couple can face tough times?
- What does it say about agreeing on outcomes and striving to meet goals?



Menu Idea:

Here’s an opportunity for the two of you to *work together as a team*. After all, that’s what this lesson is all about. We recommend that one of you make the sauce while the other prepares the filling. By the way, you can substitute some purchased Salsa Verde for the homemade sauce to save time – but you’ll have to “agree on that outcome.”

Recipe: *Sweet Potato and Black Bean Enchiladas* – 1 hour prep and cooking time: www.marriagementorsite.com/recipe

DATE NIGHT IDEAS

Make It a Date – Lesson 4

Asking Meaningful Questions and Listening Aggressively

Can you hear me now? It's one thing to hear and quite another to listen. But once you get a lock on listening aggressively, and you couple it with asking meaningful questions, you'll never have a dull moment when it comes to marriage mentoring. And your two movie recommendations tonight will surely underscore their value.



Movie Recommendation #1

City Slickers

(Adventure/Comedy; 112 Min; 1991; PG-13)

Four middle-aged guys, having midlife crises, experience an action-packed, two-week cattle drive from New Mexico to Colorado. They meet Curley, a weathered trail boss who challenges one of them to find the "one thing" in life that matters.



Talk About It

- If Curly stuck his gnarled finger in your face and asked you to identify your "one thing" that matters most, what would it be? Why?
- In what ways might Curly's question technique work and not work when it comes to marriage mentoring?



Movie Recommendation #2

My Big Fat Greek Wedding

(Romantic Comedy; 95 Min; 2002; PG)

Toula is expected to marry a Greek man. But she meets Ian, a non-Greek, and falls in love. As they plan their wedding, Ian, Toula, and their families learn to understand and appreciate what makes each of them unique.



Talk About It

- What examples of miscommunication and misunderstanding did you see in the movie?
- What would have happened if they had listened to each other with more intention?



Menu Idea:

If you ask a person in Sioux City, Iowa about the Original Sloppy Joe Sandwich, they're likely to tell you that it was invented by a cook named Joe at a cafe in their fine city. Turns out that Joe knew how to not only *ask* his customers what they wanted – he listened aggressively. And we have this feel-good, comfort sandwich as a result. Bring a big napkin and plan for plenty of conversation. This meal takes very little preparation.

Recipe: *Simple Sloppy Joes* – 30 Min prep and cooking time: <http://www.marriagementorsite.com/recipe>

Make It a Date – Lesson 5

Fielding Questions and Telling your Stories

As you learned in this lesson, you don't need to be intimidated by any question your mentorees might throw at you. And our two movie recommendations tonight will help you explore this a bit further. But mostly, they'll make you laugh. If you haven't seen *Father of the Bride*, it's our first pick for you.



Movie Recommendation #1

Father of the Bride

(Comedy; 105 Min; 1991; PG)

George and Nina are surprised when their daughter announces her engagement. George becomes stubborn and irrational about it all. He is unwilling to face the fact that his little girl is now a woman. As the planning progresses, George begins to accept his future son-in-law.



Talk About It

- George has a tough time relaxing as his daughter becomes engaged. What's keeping him from being supportive; and how would things have gone differently for him if he had?
- What is the difference between 'fielding questions' and avoiding questions?



Movie Recommendation #2

The Family Man

(Comedy/Fantasy; 125 Min; 2000; PG-13)

Jack Campbell, an investment broker, has it all: fast car, fast career track, gorgeous girlfriend. But one day, he wakes up to the life that might have been if he hadn't broken up with his college sweetheart. His new life is a completely different story.



Talk About It

- This movie tells the story of two different sets of values. How do your own values play into the stories you two might use in your marriage mentoring efforts?
- Do you have a story that depicts a tough choice the two of you have had to make?



Menu Idea:

This recipe is a fun option because it can be cooked on the barbeque (or in the oven). It is a delicious recipe to serve with friends and share an evening together telling stories. Oh, and what's that? Does it take much time? That's a good question. This recipe requires placing chicken pieces in marinade up to 12 hours before you plan to cook the chicken.

Recipe: *Grilled Raspberry Chicken* – 1 hour prep and cooking time: <http://www.marriagementorsite.com/recipe>

Make It a Date – Lesson 6

Praying Together and Staying Sharp

For some couples, these two skills can be the most challenging. You’ve already completed the exercises in this lesson, but these movie recommendations will now take your discussions to a new level. Enjoy!



Movie Recommendation #1

Facing the Giants

(Drama; 111 Min; 2006; PG)

Grant Taylor has never had a winning season as a coach. Overwhelmed by failure and defeat, he cries out to God and decides to lead his team in a new way.



Talk About It

- Grant and Brooke face several large stresses: job difficulties, infertility and a faith crisis. How did you feel about how each reacted to them?
- How do you think prayer impacted their relationship?



Movie Recommendation #2

Joe Versus the Volcano

(Allegorical Fantasy; 100 Min; 1990; PG)

Joe, a downtrodden copywriter and hypochondriac, is diagnosed with a terminal “brain cloud.” Because Joe doesn’t have long to live, a businessman hires Joe to throw himself into a volcano to appease the gods. Joe’s adventure changes his life.



Talk About It

- How is Joe’s life at the beginning of the movie like the lives of other people you know – and may mentor?
- Do you have a sense of adventure, together as a couple, as you think about mentoring other couples?
- What will you do to “live in constant, total amazement” (Patricia’s phrase in the movie)?



Menu Idea:

You need a good sharp knife for this recipe. Traditionally, people use stones to sharpen knives. But, you don’t need a stone. Something as soft as a leather strap can be used to give a razor-sharp edge to a good quality knife. The same is true for a good marriage. Staying sharp is often easier than you might think. Now, get to it. Chop, chop!

Recipe: *Asian Chopped Chicken Salad* – 1 hour prep and cooking time: <http://www.marriagementorsite.com/recipe>

DATE NIGHT IDEAS

Make It a Date – Lesson 7 *Being Yourself and Spotting Red Flags*

Ahh. Doesn't it feel good to just relax and be yourselves. Why not dedicate tonight's date to just that? And while you're at it, how about taking what you learned in today's lesson and drive it home with one of these two flicks. They're both good. Which one fits your mood – a little laughter or a fantastic biography? Either one is sure to get you talking.



Movie Recommendation #1

Shrek

(Animation/Comedy; 90 Min; 2001; PG)

The hero, Shrek, is an ill-tempered ogre; and Princess Fiona is not all she appears to be. The story is about self-acceptance and how beauty comes in many different forms.



Talk About It

- What gave Shrek the courage to take off his mask and be himself?
- What is it about Shrek that makes him genuine?



Movie Recommendation #2

Beautiful Mind

(Biography/Drama; 135 Min; 2001; PG-13)

Bio-pic of the famed mathematician, John Nash, and his life-long struggles with mental health. Nash enrolled as a graduate student at Princeton in 1948. Overtime, John begins to lose his grip on reality.



Talk About It

- What were some early signs of John's mental instability?
- How did others help or hurt John as they interacted with him?



Menu Idea:

Get this! Americans consume approximately 2.5 billion bowls of the top three Campbell's soups each year. Amazing, isn't it? Well, this soup recipe is a wonderfully fresh and healthy ...but if you like, you can prepare the meal from your favorite can of soup and spend the extra time just being yourself!

Recipe: *Hearty Garden Patch Soup* – 1 hour prep and cooking time: <http://www.marriagementorsite.com/recipe>