

Eight Dates Date 1: Trust & Commitment

Faith Integration Addendum

“Are You There for Me?”

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This faith integration addendum is designed to be used alongside **Eight Dates Date 1: Trust & Commitment**. Date 1 invites couples to slow down and ask one of the most important questions in marriage: “Are you there for me?” This question is not only about physical presence. It is about emotional presence, spiritual tenderness, dependability, safety, and the daily choice to turn toward one another.

This section is written from a Christian perspective using the **English Standard Version (ESV)**. Couples from other faith traditions may adapt these reflections in ways that honor their own beliefs, values, and spiritual practices.

Spiritual Purpose of Date 1

The purpose of this date is not to prove who has been the better spouse. It is not to defend, debate, or reopen every wound. The purpose is to create a sacred space where each partner can gently ask:

Can I trust you with my heart?
Do I feel emotionally safe with you?
Do I experience you as present when I reach for you?
Do I believe you are still choosing us?



For Christian couples, these questions are deeply spiritual. Scripture teaches that love is not merely a feeling, but a way of being present with patience, kindness, humility, truth, and grace. Trust grows when a spouse becomes someone who can be counted on, not perfectly, but consistently.

Scripture Foundation for Date 1

I. Trust and Refuge in God

“Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.”
Psalm 62:8, ESV

Before spouses can fully understand trust with one another, they are invited to remember that God is the ultimate refuge. No husband or wife can carry the full weight of being another

person's savior, healer, or source of identity. However, spouses can reflect the safety and faithfulness of God by becoming emotionally available, responsive, and dependable.

Date 1 Connection:

When your spouse shares what helps them feel safe, listen as if you are being trusted with something sacred. Do not correct it. Do not minimize it. Receive it.

Reflection question:

What helps me experience our marriage as a safe place to pour out my heart?

2. Covenant Commitment in Marriage

“Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.”

Genesis 2:24, ESV

Commitment is more than staying in the same house or keeping the same last name. Biblical commitment is covenantal. It means holding fast. It means choosing the relationship not only when emotions are easy, but also when life is stressful, communication is difficult, and repair is needed.

Date 1 Connection:

The worksheet reminds couples that commitment is not only staying. It is choosing the relationship daily. In Christian marriage, this daily choice becomes part of covenant faithfulness.

Reflection question:

What does “holding fast” look like in our current season of marriage?

3. Love, Patience, and Kindness



“Love is patient and kind; love does not envy or boast; it is not arrogant or rude.”

1 Corinthians 13:4, ESV

Trust struggles often show up in small moments. A harsh tone. A distracted response. A forgotten promise. A defensive answer. A lack of follow-through. In the same way, trust is rebuilt through small moments of patience, kindness, humility, and attentiveness.

Date 1 Connection:

When your spouse answers the prompts about what strengthens or weakens trust, listen through the lens of patience and kindness. This is not the moment to win an argument. It is the moment to understand your spouse's heart.

Reflection question:

Where does our marriage need more patience and kindness in order for trust to grow?

4. Forgiveness and Grace

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”
Ephesians 4:32, ESV

Forgiveness is not pretending hurt did not happen. It is not rushing past pain. It is not avoiding accountability. Biblical forgiveness is rooted in grace and truth. It allows couples to face hurt honestly while still moving toward healing.

Date 1 Connection:

In the repair and responsibility section, each partner is invited to own one way they may have unintentionally hurt trust. This requires tenderness. The goal is not shame. The goal is healing.

Reflection question:

Where do I need to be more tenderhearted toward my spouse?

5. Repair and Confession

“Therefore, confess your sins to one another and pray for one another, that you may be healed.”
James 5:16, ESV

Repair begins when defensiveness decreases and humility increases. In marriage, confession may sound like, “I see how that hurt you,” “I have not been as present as I need to be,” or “I want to take responsibility for how my actions affected your trust.”

Date 1 Connection:

The worksheet encourages couples not to debate facts, but to focus on impact. This is a deeply spiritual practice because humility allows healing to begin.

Reflection question:

What is one thing I can own without defending myself?

Faith-Based Date 1 Conversation Prompts

Use these prompts after completing the main worksheet or as an added spiritual reflection at the end of the date.

Trust

1. When I think about God as a refuge, what kind of refuge do I long for in our marriage?
2. What helps me feel emotionally and spiritually safe with you?
3. When I am afraid, overwhelmed, or discouraged, what do I need from you that helps me feel less alone?
4. Is there a place in our marriage where I have struggled to trust your presence, your words, or your follow-through?

Emotional Availability

5. When I reach for you emotionally, what helps me feel met rather than missed?
6. How do you usually know I am needing comfort, reassurance, or connection?
7. What is one way I could better turn toward you when you are stressed?
8. Where have I confused problem-solving with being present?

Commitment

9. What does “choosing us” look like spiritually, emotionally, and practically?
10. How do I experience your commitment in small everyday moments?
11. What is one way we can better protect our marriage covenant in this season?
12. What would help you feel more deeply chosen by me this week?

Repair and Responsibility

13. Is there one way I have unintentionally weakened trust that I need to gently own?
14. What is one pattern I need God’s help to change in me?
15. Where do we need more grace, not as an excuse, but as a path toward healing?
16. What would a small act of repair look like this week?

Guided Couple Exercise: “Are You There for Me?”

Take turns completing these sentences. The listening partner should only reflect back what they hear.

Speaker:

- “One way I know you are there for me is...”
- “One time I have felt emotionally missed by you is...”
- “One thing that would help me feel more secure is...”
- “One way I want to grow in being there for you is...”

Listener:

- “What I hear you saying is...”
- “That makes sense to me because...”
- “Thank you for trusting me with that.”
- “With God’s help, I want to work on...”



Shared Covenant Statement

Complete this together:

With God’s help, we want our marriage to be a place where trust is built through...

Write your shared answer below:

Then complete this sentence:

This week, choosing us will look like...

Faith Practice for the Week

Choose one or two practices to complete before your next date:

1. **Pray together once this week**, even if it is brief and imperfect.
2. **Practice one daily trust-building action**, such as following through, checking in, offering affection, or listening without distraction.
3. **Read 1 Corinthians 13:4 aloud together** and ask, “What would patience and kindness look like in our home this week?”
4. **Offer one repair statement:**
“I realize I hurt you when I _____. I am sorry. I want to work on _____.”
5. **Speak one blessing over your spouse:**
“One way I see God’s grace in you is _____.”
6. **Ask once this week:**
“How can I be there for you today?”

Closing Reading

Read aloud together:

Tonight, we chose to slow down and turn toward one another. We remembered that trust is built one moment at a time. We acknowledged that commitment is not only spoken in vows, but practiced in daily choices. With God’s help, we want to become safer, softer, more honest, and more present with one another. We do not have to be perfect to grow. We only need humility, grace, and the willingness to keep choosing us.



Closing Prayer

Lord,

Thank You for the gift of marriage and for the sacred trust that grows between two people over time. Help us to become more emotionally present, more patient, more kind, and more tenderhearted with one another.

Teach us to listen without defending, to speak without attacking, and to repair without keeping score. When one of us reaches for the other, help us respond with care. When trust feels fragile, help us move slowly, honestly, and gently. When commitment feels tested, remind us of the covenant we have made and the grace You continue to give.

Lord, help our marriage become a place of refuge, not because we are perfect, but because we are learning to love with humility, honesty, and faithfulness. Strengthen our commitment. Help us choose one another in small, consistent ways. Give us the courage to confess where we have caused hurt, the compassion to forgive, and the wisdom to rebuild trust one moment at a time.

May our love reflect Your faithfulness, and may our home be shaped by grace, peace, and compassion.

In Jesus' name,
Amen.

