


Marriage Detox Challenge

A 31-Day Journey to Refresh, Reignite, and Reconnect

 August 3 – September 2

 Date Night Celebration: September 6

 Angelo's Seafood Restaurant | Panacea, FL

Alrighty Married Couples of Encounter!

For some time now, you've been on my heart. I can sense the weight that some of you are carrying—disappointment, frustration, distrust, and disconnect. But here's the truth:

“Therefore what God has joined together, let not man separate.”
— Mark 10:9 NKJV

God placed you on my heart because He wants me to remind you: Don't give up. Don't give in. Don't accept anything less than His very best for your marriage.

While I'd love to counsel each of you personally, time won't allow it this season. But after much prayer and seeking God's direction, He gave me this plan:

The 31-Day Marriage Detox Challenge

Marriage is like a vehicle—it needs regular maintenance. And sometimes it needs a reset. This detox is a spiritual, emotional, and relational cleanse to get rid of what’s been weighing you down and make room for joy, peace, and passion.

“Create in me a clean heart, O God, and renew a steadfast spirit within me.”
— Psalm 51:10 NKJV

Challenge Rules:

1. Daily Connection (45 Minutes):

Talk with no distractions—phones down, TVs off—just each other.

- Ask about their day, how they’re feeling, and what’s on their heart.
- Be real. Be honest. Be vulnerable.
- End with 5 minutes of prayer together—every single day.

“Always be humble and gentle. Be patient with each other, making allowance for each other’s faults because of your love.”
— Ephesians 4:2 NLT

2. Weekly Date Night (No Excuses!):

You **MUST** go on one date per week. You do not have to spend money to connect. Be intentional.

Free Date Ideas:

- Take a sunset walk
- Cook a new meal together
- Dance in the living room
- Write love letters and read them aloud
- Go through your wedding photos

“Live happily with the woman you love through all the meaningless days of life that God has given you under the sun.”

— Ecclesiastes 9:9 NLT

3. Pick the Outfit (🔥 Keep It Spicy):

- Husbands: Pick your wife’s date night outfit (including undergarments).
- Wives: Do the same for your husband.

Why? Because understanding what your spouse desires helps you meet their needs and keeps the romance alive.

“Let your fountain be blessed, and rejoice with the wife of your youth.”

— Proverbs 5:18 NKJV

4. Weekly Assignments from Pastor Q:

Each Monday, I’ll send you a fun or reflective weekly challenge to complete as a couple.

“Let us think of ways to motivate one another to acts of love and good works.”

— Hebrews 10:24 NLT

5. Mandatory Affection:

- Kiss daily.
- Compliment daily.
- And for these 31 days, argue about NOTHING. Choose peace.

“A soft answer turns away wrath, but a harsh word stirs up anger.”

— Proverbs 15:1 NKJV

6. Communicate About Everything:

No silent treatment. No bottling up. This is a judgment-free zone where you communicate honestly and lovingly.

“Stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body.”

— Ephesians 4:25 NLT


7. Sexual Connection (Let’s Be Real):


Have sex at least once a week during the detox. Explore each other. Learn each other. And yes—keep it legal and holy. No threesomes allowed.


“The husband should fulfill his wife’s sexual needs, and the wife should fulfill her husband’s needs.”
— 1 Corinthians 7:3 NLT

September 6 – Date Night Celebration

Let’s celebrate everything God does during the detox! All couples are invited to a beautiful Date Night Dinner:

 Angelo’s Seafood Restaurant

 Friday, September 6

 7 PM (Tentative)

Final Encouragement:

“Above all, clothe yourselves with love, which binds us all together in perfect harmony.”
— Colossians 3:14 NLT

Marriage isn’t easy—but it’s worth fighting for. And when God is in the center, everything changes.

Let's detox, rebuild, reconnect—and celebrate the restart together.

Are you in?

With love,

– Pastor Q