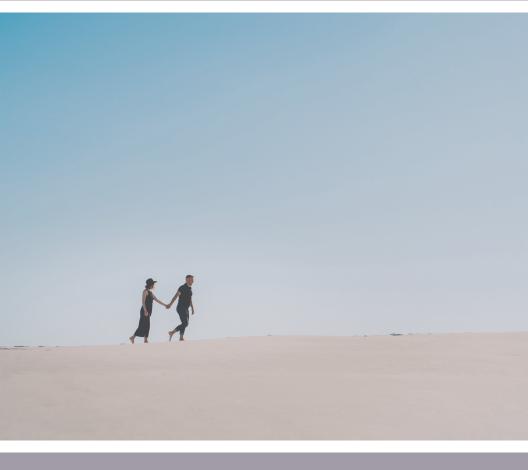
## Reflection for Couples



## How is your Marriage?



Nurturing a healthy Christ centered marriage takes intentionality and consistency. One helpful way to encourage continued growth in your marriage is by scheduling periodic check-up's where you sit down together and consider how each of you are doing within the marriage. Scripture provides us with a wealth of principles to consider when evaluating our marriage relationship. Below is a list of scriptural principles and questions that can be used to develop specific and concrete ways to regularly enrich your marriage.

First, I would encourage you and your spouse to consider talking through some guidelines regarding how you would like to spend your time together. Reflect on the following list together:

- Schedule a repeating appointment on your calendar to sit down and meet to review the check-up questions.
- Rather than reviewing all of the questions in one setting, consider taking 2 – 3 questions from this list to review with each other quarterly. This will allow you to implement changes in small, but significant ways and seem less overwhelming.
- Pray together and ask the Lord to prepare your heart and guide your conversation and time together.
- Remember to validate and give thanks for the things going well in your marriage.
- Consider taking turns asking each other questions from the corresponding lists below.
- Answer each question honestly and with respect. Remember to honor each other's perspective on what he or she believes is true.
- Confess and ask for forgiveness as appropriate if you have hurt your spouse.
- At the end of your meeting time, pray for God's blessing and help to "walk in love" toward each other (*Ephesians 5:1-2*)

## Husbands meditate on the scriptures below and ask your wives the list of questions below:

1 Peter 3:7 "Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered."

Ephesians 5:25 "Husbands, love your wives, even as Christ also loved the church, and gave himself for it;"

Describe some ways I can make you feel more loved.

What attribute would you like me to develop?

Tell me how I can make you feel more confident in our future direction.

In what areas can I improve in order to help you feel more respected?

Describe indications that I really desire to be more Christ-like?

Tell me what achievement in my life would bring you the greatest joy.

What can I do to make you feel more understood?

Describe an attribute you would like me to help you develop?

Reflecting over this past year, describe a time you felt most connected to me and why.

What could I do to make you more secure?

What mutual goal would you like to see us accomplish?

Tell me about a difficult time in the past year you experienced when you felt most supported by me.

## Wives meditate on the scriptures below and ask your husbands the list of questions below:

Genesis 2:18 "And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him."

Ephesians 5:22 "Wives, submit yourselves unto your own husbands, as unto the Lord."

Describe the goals you feel God has placed on your heart. Do you feel I properly understand these goals? How can I help you achieve them?

On a scale of 1-10, how well do you feel we communicate? [1-poor, 10-excellent] How do you feel we can begin communicating better than we already are?

Are we where you wanted us to be at this stage in life? How can I help you make that possible within God's guidelines?

Tell me how I can show you how much I need and trust you.

Describe any changes I can make to our home so it is a place where you feel more satisfied and comfortable.

Are there any big dreams in your heart you have been hesitant to share with me? How can I help you fulfill them? List some things I can regularly do to show you how satisfied I am with you as my husband and as the leader of our home?

How do you envision our future together? What can we do together to achieve that goal?

Reflecting over this past year, describe a time you felt most connected to me and why.

Do you feel there is anything keeping either one or both of us from God's best in our lives? What should be my part in freeing us from possible restraints?

Is there anything I am doing or failing to do that seems to send a signal that I do not honor you or your leadership in our home? If so, please lovingly describe.

Tell me about a difficult time in the past year you experienced when you felt most supported by me.



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