

# 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.

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What attribute would you like me to develop?

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

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

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

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

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What can I do to make you feel more understood?

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

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

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What could I do to make you more secure?

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What mutual goal would you like to see us accomplish?

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

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**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?

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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?

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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?

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

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

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Are there any big dreams in your heart you have been hesitant to share with me? How can I help you fulfill them?

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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?

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

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

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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?

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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.

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

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