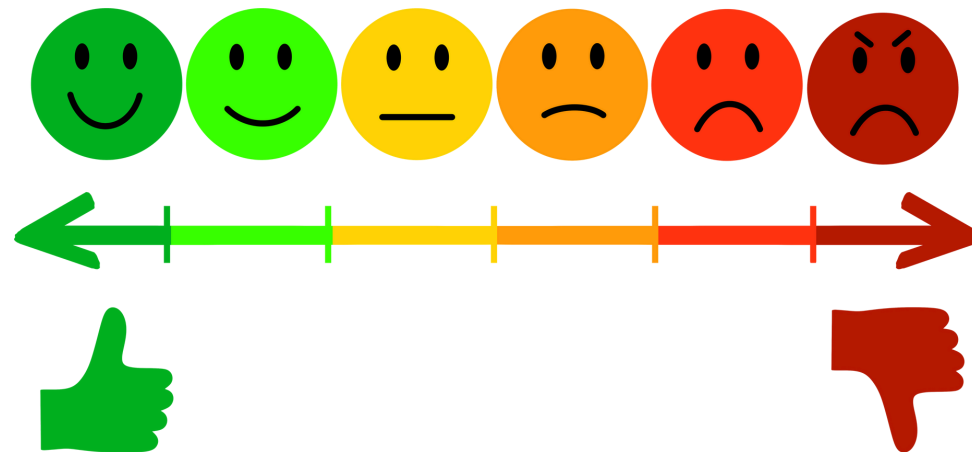


How are you feeling emotionally?



This is a broad question to open up space for honesty about stress, joy, or challenges from the past week. It gives the opportunity for you to share what's weighing on your hearts.

Do you have any concerns I can help with?



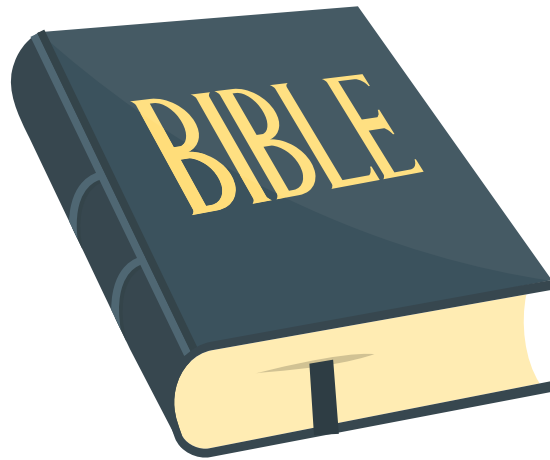
Ask about specific worries or burdens and offer your support, so they don't feel alone in carrying the weight of life's challenges.

How's your walk with God been this week?



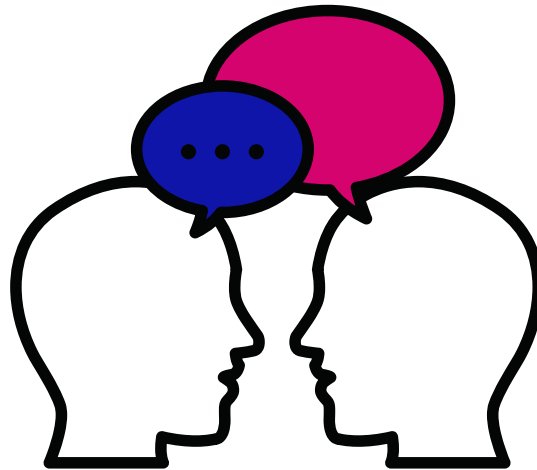
Checking in on each other's spiritual health strengthens your marriage spiritually. This is an opportunity to pray for one another or encourage spiritual growth.

Is there a scripture message that has been on your heart?



Discussing meaningful verses or sermons keeps faith central in the marriage and fosters spiritual intimacy.

Do you feel connected with me emotionally and physically?



This allows both partners to express how they're feeling about the marriage's emotional and physical intimacy. If either is feeling distant, this can spark a deeper conversation on how to reconnect.

Are there areas of our relationship that you feel need more attention?



This encourages open communication about how the relationship can improve, focusing on emotional, spiritual, or physical aspects.

Have there been any areas where you've struggled to guard your heart?



This is a key question for transparency and accountability. Sharing struggles with temptation or distractions from outside the marriage can help couples be more aware and support each other in staying faithful.

Do you feel that our boundaries are working?



This is an opportunity to discuss boundaries (social media, work relationships, etc.) and make adjustments to ensure both partners feel safe and secure in their marriage.

What are you most thankful for in our marriage?



Taking time to express gratitude for one another reinforces the positive aspects of the relationship and encourages a mindset of appreciation.

What's one thing I did this week that made you feel loved?



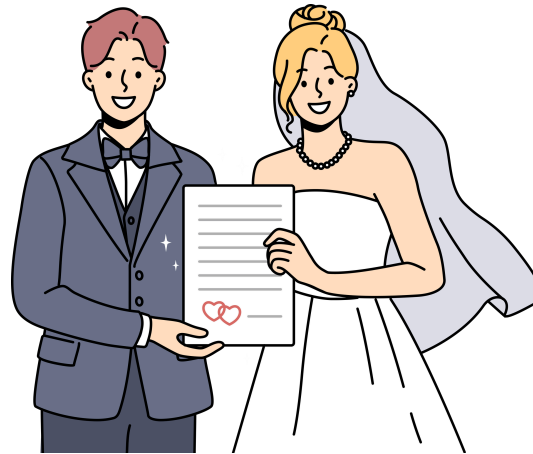
This is an opportunity to affirm one another, highlighting specific actions that show love and care. It's a way to reinforce behaviors that strengthen the marriage.

What's one thing we can do better next week to grow as a couple?



This question is about intentional growth. Whether it's more date nights, deeper prayer, or better communication, it helps focus on continuous improvement in the relationship.

Are there any habits we should form to protect our marriage?



This is a chance to discuss long-term habits like praying together daily, scheduling regular date nights, or checking in emotionally more frequently.