



## **Healthy Marriages are Grown, not Guaranteed.**

Take a few minutes this week to reflect, pray, and talk through these questions. Don't rush it. Growth happens in honest moments.

### **1. Good Communication-Talk and Listen**

James 1:19 NLT "You must all be quick to listen, slow to speak, and slow to get angry."

#### **Reflect:**

- When we say "we have communication issues," what do we usually mean?
- Do I listen to understand, or listen to respond?
- On a scale of 1-10, how heard does my spouse feel by me right now?

#### **Ask Yourself:**

- What is one way I could slow down and listen better this week?
- When tension comes up, do I treat it like me vs you, or us vs the problem?

#### **Action Step:**

One conversation this week where I will:

- Put the phone down
- Listen without interrupting
- Repeat back what I heard before responding

### **2. Speaking the Truth in Love- Growing Up, Not Winning**

Ephesians 4:15 "We will speak the truth in love, growing in every way more and more like Christ."

#### **Reflect:**

- Do I speak truth with love, or truth with edge?
- Do I avoid hard conversations, or do I rush into them without grace?
- What season are we in right now as a couple?

#### **Pruning Check:**

- Is there something God may be pruning in our relationship right now?
- Am I resisting that, or trusting it will produce growth?

#### **Action Step:**

One thing I can lovingly address instead of avoiding: \_\_\_\_\_



### 3. Forgiveness- Living Unoffendable

Colossians 3:13 “Make allowance for each other’s faults... Remember, the Lord forgave you.”

#### Reflect:

- Is there any bitterness, frustration, or resentment I’ve let sit at the table?
- When I’m hurt, do I assume the worst or assume their heart?

#### Heart Check:

- Is this something that needs a conversation, or something I need to release?
- Do I apologize quickly, or do I protect my pride?

#### Action Step:

One thing I need to forgive or apologize for: \_\_\_\_\_

### 4. Being Intentional- Love Is a Verb

1 Corinthians 13:8 NLT “Love is patient and kind... Love never gives up.”

#### Reflect:

- Do I treat love like something that happens, or something I choose?
- How intentional have we been with our time, attention, and affection?

#### Practical Check:

- What moves my spouse toward me?
- What moves my spouse closer to God?

#### Action Step:

One intentional act of love I will plan this week: \_\_\_\_\_

### 5. Holiness Over Happiness

#### A Better Goal

- When things are hard, what do I chase more, comfort or character?
- How can choosing holiness actually bring deeper joy in our marriage?

#### Prayer:

“God, help us grow in love, depth, and maturity. Teach us to communicate well, forgive quickly, and love intentionally. Shape our marriage into something that reflects You. Amen.”

#### Final Thought:

Healthy marriages don’t happen by accident. They’re built through daily choices, honest conversations, and grace-filled love.