



Beautiful Marriages Annual Marriage Check Up

We believe a beautiful marriage consists of four core habits:

- 1) **Have Serious Fun:** Having fun as a couple is not optional; it's essential to a healthy marriage. We believe the best way to protect your marriage is to enjoy it regularly.
- 2) **Respect and Love:** Of the few verses God directs towards husbands and wives, we are told to respect and love each other more than anything else. When we understand the interplay of respect and love, it can change the health of our marriages.
- 3) **Love God First:** When Jesus was asked about the greatest commandment, His answer was to love God with all your heart and to love others as well as you love yourself. Loving God as an individual greatly impacts your married life.
- 4) **Practice your Promise:** Our spouses trusted that we would do what we promised when we said "I do"--to love each other and stick together no matter what. Knowing and experiencing a lasting commitment is vital to every marriage.

Answer the questions below as individuals
and then discuss them together with your spouse:

For the rating questions, use this scale:

1-very dissatisfied | 2-dissatisfied | 3-okay | 4-satisfied | 5-very satisfied

Love God First:

- 1) How would you rate your living relationship with Jesus Christ over this past year?
- 2) How would you rate your pursuit of God as a couple this past year?
- 3) How has your relationship with God helped your marriage this year?

Respect and Love:

- 1) What are the ways you consistently show love to your spouse?
- 2) How would you rate your overall communication with your spouse this past year?
If it was good, what made it good? If it was poor, what got in the way?
- 3) What would make you feel more heard in the relationship?

Have Serious Fun:

- 1) How would you rate how much fun you two have had together this year?
- 2) What things do you find the most fun to do with your spouse?
- 3) What three words would you use to describe your sex life this year?

Practice Your Promise:

- 1) What were the main problems that you encountered this past year?
- 2) How did you support your spouse through those problems?
What could you have done differently?
- 3) How do you feel about how we handled conflict together as a couple this year?

Next Steps:

- 1) What are 2-3 takeaways or action steps you can take as a result of your conversation together?

Appendix:

Parenting Together:

- 1) How would you rate your satisfaction in parenting together with your spouse this year?
- 2) How did you do on being on the same page about disciplining the kids?
- 3) Are there any frustrations you have when it comes to parenting with your spouse?
What would you like to see happen to relieve those frustrations?
- 4) What is one thing you are really thankful for when it comes to how your spouse is as a parent?