

# 15 Challenging Marriage Questions



Where have I not allowed God's love to freely pour through me to my spouse?  
Where am I ignoring my own brokenness and sin and not drawing the circle around myself?

Where do I need to offer grace to my spouse?  
Where have I failed to be humble in responding to them?

What irritations or unforgiveness am I holding on to that I need to discuss with my spouse?

What lies or half-truths am I tolerating or engaging in?  
What are new threats to my commitment to our relationship?

Where have my words and actions included withdrawing, escalation, negative interpretation and invalidation?  
Where do I need to speak in love at the risk of conflict with my spouse?

What expectations are behind my irritations with my spouse?  
Where have I not been understanding of my spouse and appreciative of their differences?

Where am I not allowing my spouse to fully know me because of the fear of rejection?  
Where is our sexual relationship not creating more oneness and intimacy?

What are areas that I have resisted my spouse's interest in my spiritual growth?

What threats do we need to discuss and fight against to maintain our marital oneness?

*These questions are based on the RE|Engage Curriculum.*

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