"And a threefold cord is not quickly broken." Ecclesiastes 4:12

Married Couples Worksheet

A short check-up to help you talk honestly, forgive freely and grow together. About 15 minutes.

Complete your side on your own, then share your answers with kindness. You are on the same team, facing the difficulty together.

SPOUSE 1: NAME

SPOUSE 2: NAME

DATE

1 Our marriage check-up

"And above all these things put on charity, which is the bond of perfectness."
COLOSSIANS 3:14

	SPOUSE 1					SPOUSE 2				
	1	2	3	4	5	1	2	3	4	5
Faith and prayer together	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Communication	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Trust and honesty	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Time and closeness	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Handling disagreements	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Money and family	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

1 = needs care 5 = strong and healthy

2 What is working, and what is hurting

What is working well, and what am I thankful for?

SPOUSE 1

SPOUSE 2

What is causing hurt, distance or tension right now?

SPOUSE 1

SPOUSE 2

3 Needs

What I need from you, and what I can offer you

SPOUSE 1

SPOUSE 2

4 Forgiveness and restoration

"And I will restore to you the years that the locust hath eaten."
JOEL 2:25

Is there anything I need to forgive, or to ask forgiveness for?

SPOUSE 1

SPOUSE 2

5 Our next steps

TWO STEPS WE WILL TAKE THIS MONTH, AND HOW WE CAN PRAY FOR YOU

If you ever feel unsafe at home, please tell us in confidence. In an emergency call 999. The National Domestic Abuse Helpline is free on 0808 2000 247.