

# Marriage Check-up



1

## Securing the future can be helped by looking back.

Recall and chat about your.....

- First kiss
- First date
- First house
- Major challenge
- Major highlight

2

## Languages of love- Different ways to give and receive love\*.

\*The 5 Love Languages: Gary Chapman

Can you identify what your spouse's primary language of love is?

- Touch
- Time
- Words
- Acts of service
- Gifts

Complete this sentence, I feel most loved when you...

3

## Conflict is inevitable, but how you resolve it is up to you.

- How did your parents resolve conflict?
- How do you resolve conflict now?
- What could we do better to restore peace in our family?

## Bonus Questions

- What are the qualities you admire and value best about your spouse?
- What would an ideal day look like for you?
- What energises you and fills your emotional tank?
- How can I pray for you?