



Spring Clean

Your Marriage

GUIDE

Reflect and discuss each area.

Reflection on Foundations:

- How would you describe the current state of our marriage foundationally, spiritually, and emotionally?
- In what ways do you feel our marriage has grown or struggled in the past year?

Examining Communication:

- How effectively are we communicating with each other? Are there areas where we could improve?
- Are there any unresolved conflicts or misunderstandings that need to be addressed?

Cleansing Forgiveness:

- Are there any past hurts or grievances that we need to forgive each other for?
- How can we extend grace and forgiveness to each other in the same way that God has forgiven us?

Decluttering Distractions:

- What distractions or outside influences are hindering our relationship with each other and with God?
- How can we prioritize our marriage and create space for quality time together?

Renewing Love and Commitment:

- How can we reignite the passion and love in our marriage?
- What steps can we take to reaffirm our commitment to each other and to God?



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Rebuilding Trust:

- Have there been any breaches of trust in our marriage that need to be addressed?
- How can we work together to rebuild trust and strengthen our bond?

Deepening Spiritual Connection:

- How can we grow closer to God individually and as a couple?
- Are there spiritual disciplines we can incorporate into our marriage to deepen our faith together?

Restoring Intimacy:

- In what ways can we improve our emotional, physical, and spiritual intimacy?
- How can we create a safe and nurturing environment for intimacy to flourish in our marriage?

Setting Goals for Growth:

- What are our shared goals and aspirations for our marriage moving forward?
- How can we support each other's personal growth and development?

Prayer and Surrender:

- How can we invite God into our marriage to guide and strengthen us?
- What prayers can we offer together for the growth of our relationship?