

What Is Your Marriage Based On?

It is hard to do life on your own, to rely on your own strength to power you through every circumstance. It's important to identify where you are both individually and as a couple in terms of your spiritual intimacy. This foundation provides comfort and strength when things are difficult or challenging.

Faith can be a unifying factor in your marriage or it can be one more thing that the two of you fight over. Like everything in marriage it requires conversation and intentionality to work.

1. My religious upbringing was:

2. The adults in my life viewed religion/faith as:

3. As an adult I made the following decisions about religion:

4. These decisions were based on these circumstances:

5. I think that our marriage has been impacted by our spiritual intimacy in this way:

6. At this point in time I would like to have the following in terms of spiritual intimacy:

7. I am open to incorporating the following in my life (circle ALL that apply):

- Attending church weekly
- Discussing spiritual issues
- Giving a tithe
- Praying for each other
- Praying with each other
- Going to the same church
- Serving others together
- Participating in a bible study or devotional together
- other _____

Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

~Ecclesiastes 4:12