

Marriage Conversation Guide

A simple guide to help couples slow down, talk honestly, pray together, and take a healthier next step.



HOW TO USE THIS GUIDE

Set aside distraction-free time. Come with a listening heart. Be kind. Speak honestly. Pray always. You're on the same team.

1



SLOW DOWN

Create space to be present.

- Put phones away.
- Take a few deep breaths.
- Acknowledge the gift of this time together.

*Take a breath.
Be here with
each other.*

2



TALK HONESTLY

Share your heart with respect.

- Use "I" statements.
- Share what's on your heart.
- Listen without interrupting.
- Ask clarifying questions.

*Our goal is understanding,
not winning.*

3



PRAY TOGETHER

Invite God into the conversation.

- Thank God for each other.
- Bring your concerns and hopes to Him.
- Ask for wisdom, patience, and grace.

*God hears us.
He helps us.
He heals us.*

4



TAKE A HEALTHIER NEXT STEP

Choose one small step you can take together.

- What did we learn?
- What can we do differently?
- What's one step we can take before our next talk?

*Small steps.
Consistent love.
Stronger us.*

CONVERSATION STARTERS



- What's been on your heart lately?
- What's one thing I could do that would bless you this week?
- Where are we doing well as a couple?
- What's been challenging for you?
- What do you need more of from me?
- What are we believing God for together?
- How can we better support each other?
- What's one step we can take this week to grow closer?



A GENTLE REMINDER

Some conversations are hard. Keep kindness first. Come back to each other. Your marriage is worth it.



"Let all that you do be done in love."

1 CORINTHIANS 16:14

Keep talking. Keep praying. Keep choosing each other. ❤️