

# Marriage Check-In Questions

## Weekly check-in questions

- What is something specific I did last week that made you feel loved, honored, and/or respected? If you didn't feel this way, explain why not.
- What does your upcoming week entail? What is something specific I can do to help you feel loved, honored, and/or respected?
- How can I pray for you?
- What else would you like to share with me?

## Semiannual check-in questions

- What progress have we made towards the goals we set for this year? What things remain for us to do to achieve them?
- Does it seem that there is anything keeping one or both of us from God's best in our lives? What can I do to alleviate whatever it is that's holding us back?
- Are you satisfied with the way we share responsibilities? Explain why or why not.
- Is there anything I do (or fail to do) that seems to indicate lack of wholehearted commitment to our marriage?
- In what characteristic or attribute would you like to see me grow? Explain why.
- Are you satisfied with the frequency and quality of our physical intimacy?