

COUPLES

Conversation Starters



Scan the
QR code
for Couples
Conversation
Starters

Where have I caught myself having performance-based expectations in our marriage? What do I notice in myself when that expectation isn't met? (Remember to share about the person inside the circle that you've drawn around yourself.)

Which expression of grace in marriage (patience, serving, appreciation, initiating, forgiving) would be most meaningful to you in this season of our marriage?

Where could grace change the tone of our relationship?

LIVE IT OUT

Pick one simple way to practice grace this week:

□ Pause before you react

Take a breath and choose patience instead of frustration

□ Let one thing go

Release something small instead of holding onto it

□ Say it out loud

Share one thing you appreciate about your spouse each day

□ Serve without keeping score

Do something thoughtful - no tracking, no score keeping

□ Choose kindness in the moment

Especially when it would be easier not to

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." (Ephesians 4:32)