

COUPLES

Conversation Starters



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for Couples
Conversation
Starters

How has this session changed your thoughts on forgiveness, redemption, reconciliation and trust?

- Forgiveness releases the debt.
- Redemption reframes the story and makes reconciliation possible.
- Reconciliation rebuilds the relationship when there are two willing hearts.
- Trust is restored through consistency, transparency, accountability, and gentle conversations.

What's one small irritation that could turn into a "bigger thing" if we don't deal with it?

Share a practical step you want to take to find freedom through obedience in forgiving as God forgave you.

LIVE IT OUT

Read the verses below:

"Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you." (Ephesians 4:31-32)

Think of a situation where forgiveness is needed (it may or may not be toward your spouse). This week: Commit to pray for each other:

"God, You know what (spouse's name) has been holding onto. Help her/him be obedient and release the situation and person in forgiveness as they trust You with it. Soften her/his heart, give them strength, and lead them toward healing and freedom. Amen."

When offenses occur in our relationship, what's one thing I can do to help you feel safe, respected, and reminded that we are on the same team?