

COUPLES

Conversation Starters



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Take some time this week to discuss these questions with your spouse.

Which of the four types of intimacy (emotional, relational, physical, or sexual) feels strongest in our marriage right now? Help me understand your thoughts on that.

Emotional Intimacy

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against the other. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity." (Colossians 3:12-14)

How can I best connect with you emotionally to meet your needs and help you feel safe and understood in this season of our marriage?

Where are you seeing the connection between emotional intimacy and other areas of intimacy in our relationship?

Relational Intimacy (Shared Experiences)

"May the Lord make your love increase and overflow for each other." (1 Thessalonians 3:12) or

"Rejoice in the wife of your youth." (Proverbs 5:18)

What is one activity or experience you would enjoy doing together that could bring more fun or connection into our relationship? (Let's make a date after we decide!)

Physical Intimacy (Non-Sexual Affection)

"Be devoted to one another in love. Honor one another above yourselves." (Romans 12:10)

What types of everyday physical affection help you feel loved and connected?

Our teaching video encouraged us to ask, so here goes: What do you consider sexual touch versus non-sexual or comforting touch (and it just might lead to sexual intimacy some days, so let's talk about that too)?

Sexual Intimacy

"That is why a man leaves his father and mother and is united to his wife, and they become one flesh." (Genesis 2:24)

Let's clarify what type of desire we have in this season of marriage: Initiating or Receptive? (If it's a combination, talk through situations and factors that impact desire.)

What are your thoughts on the best way for us to communicate desire (sticky notes, a phrase like "cupcake" that was mentioned in the teaching, etc.)?

LIVE IT OUT

Let's keep it simple this week...

Ask your spouse: "What's one way I can care for you or pursue you well this week?" Then...actually do it. (That part matters!)