

Marriage Meeting Outline

A simple rhythm for staying connected long-term

Instructions:

Find a quiet place where you can talk freely.

Follow the steps below at a relaxed pace.

Keep your tone gentle, curious, and encouraging.

Close your time in prayer.

1. Gratitude

- One thing I appreciated about you this month
- One way I saw you grow or serve our family
- One moment that made me feel close to you

2. Communication Check-In

- How have we been communicating lately
- Is there anything I've been holding back
- Is there anything I need to clarify or apologize for

(Listen carefully, summarize what you heard, avoid defensiveness.)

3. Conflict Check-In

- Did we handle conflict well this month
- Is there anything unresolved that we need to revisit gently
- What can we do to stay on the same team

(Choose the right time, avoid blame, focus on the issue.)

4. Intimacy Check-In

- How connected have we felt emotionally
- How connected have we felt physically
- What would help us grow closer this month

(Express clearly, pursue companionship, nurture spiritual intimacy.)

5. Finances & Stewardship

- How are we feeling about our finances
- Any stresses or wins we should talk about
- One step we can take together this month

(Honesty, teamwork, unity.)

6. Family, Faith & Future

- How can we support each other spiritually
- Any upcoming decisions we need to prepare for
- What are we praying for as a couple

7. Prayer

Pray briefly for unity, wisdom, and love.

8. Action Step for the Month

Choose **one** simple step to take together:

- A date night
- A financial goal
- A spiritual practice
- A communication habit
- A shared project or plan