

# Marriage Check-Up

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*Take time to carefully and prayerfully fill this check-up out alone. Once both you and your spouse have completed it alone, come together and share your responses. When you do, make sure to follow God's rules for communication found in Ephesians 4:25-32.*

**Read Genesis 2:18-25 and answer the following questions.**

In what ways do the two of you complement one another?

In what ways are you living as "one flesh" right now?

In what ways are you not living as "one flesh" right now?

What is causing the two of you to not be living as "one flesh" right now?

**Read Ephesians 5:21-33 and answer the following questions.**

How have you fulfilled these Scriptures in your marriage?

How have you not fulfilled these Scriptures in your marriage?

How do you think your spouse has fulfilled these Scriptures in your marriage?

How do you think your spouse has not fulfilled these Scriptures in your marriage?

**Read 1 Peter 3:1-9 and answer the following questions.**

How have you fulfilled these Scriptures in your marriage?

How have you not fulfilled these Scriptures in your marriage?

How do you think your spouse has fulfilled these Scriptures in your marriage?

How do you think your spouse has not fulfilled these Scriptures in your marriage?

Based on this check-up, what action points do you think need to be taken – if any?

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*Now meet with your spouse so that the two of you can share your responses to this check-up together. Make sure to follow God's rules for communication found in Ephesians 4:25-32.*

What action points does your spouse think need to be taken – if any?

What action points do the two of you agree to take – if any?