

100 Questions to Ask Your Spouse

“Friendship is a deep oneness that develops when two people, speaking the truth in love to one another, journey together to the same horizon.”

—Tim Keller

Who is picking up the kids? What are you doing tomorrow? Did you take the trash out? When are you going to fix that window? Are you making dinner yet? If we’re honest, our marriages tend to be so filled with transactional questions and answers that we leave little room for honest, heartfelt reflection on the state of our marriages. Between the constant tug-of-war of work, school, children, and ministry, we often find ourselves just trying to make it through the day.

This worksheet is designed to help you and your spouse have intentional conversations about your marriage. It is meant to help you slowdown from the frantic speed of life and learn more about your spouse, your marriage, and yourself.

Questions are divided up by topic and theme. Your aim should not be to work through every question in one sitting, but to converse with your spouse about things you may not normally talk about (e.g. healthy living, praying with one another, etc.). I suggest that you take one to two questions and discuss them over a meal or in bed each night. This will create a consistent rhythm where you and your spouse can talk about your marriage—a really good practice!

The Past

1. What have been the biggest highlights of our marriage this past year?
2. How have you seen God provide in our marriage this past year?
3. In what ways have you seen me grow as a Christian and Husband/Wife this past year?

Spiritual Life

4. What three words would you use to describe the state of your soul right now?
5. How have you grown to love God more recently?
6. How is your devotional life (specifically, Bible reading and prayer)?
7. Are you spending consistent, quality time with God every day?
8. What are you reading and learning in your devotional times with the Lord?
9. Do you find yourself growing or decreasing in a desire to read the Bible? Why?
10. How can we improve our prayer life, both individually and as a couple?
11. What can I do to help you grow in your faith?
12. What sin(s) do you continue to struggle with?
13. How could I help you in your struggle with that sin?
14. What is one sin that you see me continue to struggle with?
15. How would you encourage me to deal with this struggle?
16. Would you say that I desire to be more Christ-like? Why or why not?
17. How do I encourage you to be more like Jesus? How can I grow in doing this more?

18. Is there anything you would like us to do more of to grow together spiritually (e.g. reading a book together, memorizing Scripture, etc.)?
19. In five years, where do you hope to be spiritually?
20. In five years, where do you hope that we are spiritually?

Communication

21. In general, how well are we communicating with one another?
22. When was the last time we had a meaningful conversation about something other than our jobs, kids, or schedules?
23. Have we been quick to listen and slow to speak (Jas. 1:19)?
24. Have we cultivated the habit of giving and receiving godly encouragement (Eph. 4:29) and godly criticism (Pro. 24:26)?
25. Do we use a gracious and loving tone when we speak to each other (Pro. 15:1)?
26. Are we quick to forgive each other (Eph. 4:32; Isa. 43:25)? When was the last time I said "I'm sorry" or "I forgive you"?
27. When was the last time I said "thank you" for an ordinary task like making dinner, paying the bills, doing the dishes, fixing the car, or folding the laundry?
28. When was the last time I (joyfully) asked, "How can I help you this week?"
29. What communication habits do we have that intentionally frustrate you?
30. What communication habits do we have that unintentionally frustrate you?
31. Do I tend to interrupt you?
32. Do I tend to not pay attention when you speak to me?
33. Do I tend to blame-shift in conflict?
34. Do I tend to blow-up in the middle of a conversation?
35. Do I tend to dig up past problems as a way to hurt you?
36. Do I tend to give you a cold-shoulder or the silent treatment?
37. Are there any sins, hurt feelings, or fears that we need to share with one another?
38. What is one way that we can improve our communication this month?

Emotional Support

39. Do you feel more like a Mother than a Wife?
40. Do you feel more like a Father than a Husband?
41. What is one way that I serve you that brings you great joy?
42. What could I do to cause you to feel *more* loved?
43. What could I do to cause you to feel *more* respected/honored?
44. What could I do to cause you to feel *more* understood?
45. What could I do to cause you to feel *more* secure?
46. Is there anything else we can do together to ensure that we're relating well to one another?
47. Do I tell you "I love you" often enough? What should I do to show my love?

Sex

48. What three words would you use to describe our sex life?
49. Is there anything you wish would change about our sex life?

50. In what ways have I acted selfishly in our sex life?
51. Has our physical intimacy grown cold and infrequent?
52. How can we improve our sex life this month?

Work

53. Are you happy with my work schedule?
54. What challenges are you facing at work?
55. What joys do you experience at your job?
56. How can I be more of a support to you at work?
57. How can I be a better cheerleader of your career?
58. Are you sharing the gospel with your co-workers? Why or why not?
59. What are your career goals? How can I help you reach them?
60. What letter grade would you give my work-home balance (e.g. B+, C-, etc.)?

Home

61. How do you feel about your responsibilities at home? Are you stressed or content? Overwhelmed or organized?
62. How can I help you with your responsibilities at home?
63. What adjustments do we need to make in order to make our home life less frantic?
64. Is our home an inviting place for friends, family, and neighbors? Why or why not?

Children

65. In what ways do our children bring you joy?
66. What three words would use to describe our parenting?
67. What are each of our children currently struggling with?
68. How can we shepherd each of our children through their struggles?
69. In what ways do we need to prepare for the next stage of our children's development?
70. What are three things we can do in the next three months to improve our parenting?
71. What are our three goals in our parenting for this year?
72. Are you spending enough time with each of our children?
73. How effective are we leading our children spiritually?

Family Life

74. What three words would you use to describe our family culture?
75. Are we consistently having family worship? If not, what can we do to start this rhythm?
76. Are we having a weekly day of rest as a family? If not, what can we do to start this rhythm?
77. How often should we have a date night? What can we do to make this happen?
78. Is our relationship with our extended family (parents, aunts, uncles, etc.) in a healthy place? Why or why not?

Friendship

79. What are your three closest friendships right now?

80. What specific friendships would you like to intentionally cultivate in the next three months?
81. Are there people in our neighborhood or church that we should help, befriend, or care for?
82. What stressors does our extended family bring upon us? How are we coping with those stressors?

Ministry

83. Are attending church on a regular basis? If not, how can we change that to be more consistent?
84. Are we active or passive in our involvement at church?
85. Do we do ministry together as a couple? If not, what are some ways we can change that this year?
86. Do we actively listen to the sermon on Sundays? How can we be more intentionally listeners of God's Word at church?
87. How can we be an encouragement to the Elders and staff at our church?
88. How can we be a catalyst for greater unity in our church?

Finances

89. How content are we with our current financial situation?
90. What are our debts? What is our plan for dealing with our debts?
91. Would you describe us as a generous couple? How can we be more generous this year?

Health

92. Are we getting enough exercise? How can we make sure exercise is a regular rhythm in our lives?
93. Are we happy with the way we've been eating? What foods/drinks do we want to encourage and discourage in our home?
94. Are we getting enough sleep? How can we make sure that we are?

Future

95. What is one thing I (Husband) can do to help you (Wife) feel more confident in our future direction?
96. What are our goals for next year as Christians, Husband and Wife, and spiritually?
97. Is our marriage heading in the right direction? Are we growing closer together and maturing together?
98. Is there anything else we should discuss?
99. On a scale of 1-10, how would you rate our marriage right now?
100. How can we make our marriage a 10 this year?

© 2019 Brad Merchant. This worksheet was created with the help of Deepak Reju's *Do It Yourself Marriage Retreat*, Don Whitney's *10 Questions to Diagnose Your Spiritual Health*, and Kevin DeYoung's *End-of-Year Marriage Check-up*. You may freely use, share, and reproduce this content for personal or non-commercial (not sell or monetize) uses provided you do not adapt or change any wording.

This content should not be adapted in any way without permission from Brad Merchant (bradmerchant[at]gmail[dot]com).