

# Christian Couple Check-up Rx for Marriage



**God instituted 5 laws of marriage in Genesis 2:24**

- 1. Make each other the most important**
- 2. Do the most work in this relationship**
- 3. Treat each other equally**
- 4. Consider each other as co-owners**
- 5. Have no secrets between the two of you**

**Jesus confirmed these principles in Matthew 19:1-7**

To help you fulfill God's mandates for marriage, inventory your relationship once a month on a date. Ask each other the following questions and rate your relational satisfaction, *10 defined as best and 0 defined as worst. Husbands use x's and Wives use o's*. Commit to working on each area by asking, "What can I do to increase your spiritual self-fulfillment with me?" Consider the answers as your homework for the month. Write your homework items on the lines and note what God says. If your spiritual self-fulfillment score is below 75, please do not be alarmed. You are not in this alone. If needed seek *support/resources/information* from the Couples Ministry to assist you both in increasing your spiritual self-improvement scores, do not hesitate to contact us.

- 1. How loved/respected do you feel in the relationship?** 0 1 2 3 4 5 6 7 8 9 10
  - a. Homework(Husband) \_\_\_\_\_
  - b. Homework (Wife) \_\_\_\_\_
- 2. How well do we spend our time together?** 0 1 2 3 4 5 6 7 8 9 10
  - a. Homework (Husband) \_\_\_\_\_
  - b. Homework (Wife) \_\_\_\_\_
- 3. How much do you trust me?** 0 1 2 3 4 5 6 7 8 9 10
  - a. Homework(Husband) \_\_\_\_\_
  - b. Homework (Wife) \_\_\_\_\_

4. **How well do you feel understood?** 0 1 2 3 4 5 6 7 8 9 10
  - a. Homework(Husband) \_\_\_\_\_
  - b. Homework (Wife) \_\_\_\_\_
5. **How happy are you with your role?** 0 1 2 3 4 5 6 7 8 9 10
  - a. Homework(Husband) \_\_\_\_\_
  - b. Homework (Wife) \_\_\_\_\_
6. **How good am I at supporting you in your role?** 0 1 2 3 4 5 6 7 8 9 10
  - a. Homework(Husband) \_\_\_\_\_
  - b. Homework (Wife) \_\_\_\_\_
7. **How well do we handle conflicts?** 0 1 2 3 4 5 6 7 8 9 10
  - a. Homework(Husband) \_\_\_\_\_
  - b. Homework (Wife) \_\_\_\_\_
8. **How well do we agree on daily decision making?** 0 1 2 3 4 5 6 7 8 9 10
  - a. Homework(Husband) \_\_\_\_\_
  - b. Homework (Wife) \_\_\_\_\_
9. **How well do we manage money?** 0 1 2 3 4 5 6 7 8 9 10
  - a. Homework(Husband) \_\_\_\_\_
  - b. Homework (Wife) \_\_\_\_\_
10. **How well do we treat each other's extended family?** 0 1 2 3 4 5 6 7 8 9 10
  - a. Homework(Husband) \_\_\_\_\_
  - b. Homework (Wife) \_\_\_\_\_
11. **How well have you developed your relationship with God?**  
0 1 2 3 4 5 6 7 8 9 10
  - a. Homework(Husband) \_\_\_\_\_
  - b. Homework (Wife) \_\_\_\_\_
12. **How well do I value your relationship with God?** 0 1 2 3 4 5 6 7 8 9 10
  - a. Homework(Husband) \_\_\_\_\_
  - b. Homework (Wife) \_\_\_\_\_
13. **How supported do you feel in a crisis?** 0 1 2 3 4 5 6 7 8 9 10
  - a. Homework(Husband) \_\_\_\_\_
  - b. Homework (Wife) \_\_\_\_\_
14. **How do you feel about our intimacy/affection/romantic interaction?**  
0 1 2 3 4 5 6 7 8 9 10
  - a. Homework(Husband) \_\_\_\_\_
  - b. Homework (Wife) \_\_\_\_\_
15. **How committed are you to this relationship?** 0 1 2 3 4 5 6 7 8 9 10
  - a. Homework(Husband) \_\_\_\_\_
  - b. Homework (Wife) \_\_\_\_\_

**Total**

**Husband** \_\_\_\_\_ /out of 150 points      **Wife** \_\_\_\_\_ /out of 150 points

**Today's date:** \_\_\_\_\_

**Where we dated:** \_\_\_\_\_

**Highlight of this date:** \_\_\_\_\_

**Next scheduled date?:** \_\_\_\_\_

**Where will we date?:** \_\_\_\_\_