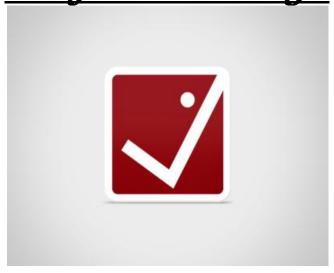
## Christian Couple Check-up Rx for Marriage



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 vou trust me?** 0 1 2 3 4 5 6 7 8 9 10
  - a. Homework(Husband)\_\_\_\_\_
  - b. Homework (Wife)

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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.	<b>How well do we manage money?</b> 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)
To	otal
Hu	sband/out of 150 points Wife/out of 150 points
	day's date:
	nere we dated:
Highlight of this date:	
Next scheduled date?:	
Where will we date?	