

MARRIAGE FOCUS – MARRIAGE

Marriage Exercise – Self-Assessment

Take the true-false “Knowing Your Husband” self-test on the handout below. Be honest in your answers...this is not a competition. Think about how you can learn what you do not know about your husband in a natural, sensitive fashion. Come to your group session with your score and be prepared to discuss the most glaring things you do not know about your husband and what you are going to do to learn about him...your life partner.

1. I can name my husband’s best friends.	T	F
2. I can tell you what stresses my husband is currently facing.	T	F
3. I know the names of the people who have been irritating my husband lately.	T	F
4. I can tell you some of my husband’s life dreams.	T	F
5. I am very familiar with my husband’s religious beliefs and ideas.	T	F
6. I can tell you about my husband’s basic philosophy of life.	T	F
7. I can list the relatives my husband likes the least.	T	F
8. I know my husband’s favorite music.	T	F
9. I can list my husband’s three favorite movies.	T	F
10. My husband is familiar with my current stresses.	T	F
11. I know the three most special times in my husband’s life.	T	F
12. I can tell you the most stressful thing that happened to my husband as a child.	T	F
13. I can list my husband’s major aspirations and hopes in life.	T	F
14. I know my husband’s major current worries.	T	F
15. My husband knows who my friends are.	T	F
16. I know what my husband would want to do if he suddenly won the lottery.	T	F
17. I can tell you in detail my first impressions of my husband.	T	F
18. Periodically I ask my husband about his world right now.	T	F
19. I feel that my husband knows me pretty well.	T	F
20. My husband is familiar with my hopes and aspirations.	T	F



Now add up the "T's" and "F's". You may feel you know your husband pretty well or you may need to make some changes to draw closer to your husband, get to know him better and take time to continually "study" him. We all want to be known and understood.

From: The Seven Principles for Making Marriage Work, John Gottman and Nan Silver, Random House, Inc (02-04-02) Kindle Edition

Date Night Questions

Take turns reading the following Scripture passages to each other. This will help set the stage for answering your Date Night Questions together.

Wives, in the same way be submissive to your husbands so that, if any of them do not believe the word they may be won over without words by the behavior of their wives, when they see the purity and reverence of your lives... Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers.

1 Peter 3:1-2:7

Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God... Wives, submit to your husbands as to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. Now as the church submits to Christ, so also wives should submit to their husbands in everything. Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself.

Ephesians 5:1-2;22-28

Ask your spouse specifically how he would like to be shown respect.

Share with your spouse how you would like to be shown respect.

Thirty years from now, what are some things you hope people will say about us that describe how we lived our lives?