

## CONVERSATION STARTERS FOR COUPLES

Before you begin, it's important to remember that you are on the same team. These questions are aids to spark conversation, but mindset, effort and attitude will go a long way to maximizing your discussions together.

On a practical note, remember to use "I feel" statements instead of accusatory statements like "you make me". This will allow you to freely express your feelings without automatically putting your spouse on the defensive. Be honest, but refrain from comparisons or phrases that use words like "always" or "never". Be patient and give time for them to finish what they're saying. Remember to listen to learn, not just respond.

Lastly, begin and end your conversation with prayer. We recommend holding hands and facing each other as you offer a short prayer for your spouse. Invite God into the process and let Him bring healing and renew hope in your marriage.

### START THE CONVERSATION

What is your favorite book or movie? Do you have a favorite quote or line from it?

Share one thing you appreciate about your spouse, followed by one thing you wish your spouse knew, and then one more thing you appreciate about them.

What was your favorite day we ever spent together? What did you love most about it?

What song would you like to dance to with me? – or –  
Is there a TikTok/Instagram dance/trend you'd like to do with me?

What's one thing I can do to help you this week?

What refreshes/refuels you?

What would you want to do on a date if we could spend no money?

What's your dream vacation?

What are you passionate about right now?

If you could start any business or work anywhere, what or where would it be?

What's something you hope we do in the next five years?

Is there anything we need to talk about that you've been afraid to bring up?

What is one specific thing I can pray for you about right now?

## **CLOSE IT OUT**

Read 1 Corinthians 13:4-8

**Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.**

Pray for each other

## **BUILD OFF IT**

Make sure to listen to your spouse's answers. How can you support, encourage or refresh each other? We're proud of you for starting the conversation, and now it's time to take it to the next level. Schedule your next time to sit down and continue the conversation. We pray that God would bring hope and healing to your marriage, and that He bless your marriage like never before.