



Episode 1 Discussion Questions

1. How can I love you well in the season of marriage we are currently in?
2. Have you ever had the mindset, “If you do your part, then I will do my part,”? What do you think about this sentiment?
3. Our commitment is “100/100,” but in this season, what do you feel like you have capacity for right now i.e. what can you “give?”
4. What is one strength you bring to our marriage?
5. What is one strength I bring to our marriage?
6. What is one growth area you are paying attention to?
7. What is one growth area I can be paying attention to?
8. Have you ever fallen into the trap that, “You know me so well you can read my mind,”?
9. What is one way I make you feel loved?
10. What is one way I can specifically support you this week?
11. Do you feel like we balance doing things apart versus doing things together?
12. What is something you enjoy doing by yourself?
13. What is something you enjoy doing with me?
14. What is something we can do outside of the bedroom that would positively impact our physical intimacy?
15. What is one way you enjoy connecting physically?
16. What is the Lord calling us to in this season of our marriage?
17. Do we have trusted mentors we can go to to ask questions and seek advice?
18. Is there anything we are praying for together right now?
19. Is there anything burdening you right now you need to lay down at the foot of the cross?
20. Have you ever fallen for one of these marriage myths?