

Marriage Monday Worksheet

Ask your spouse the following questions. Remember to be gracious in your answers and open to your spouse's needs.

Husband to Wife:

What words or phrases do I often say to you that are hurtful?

How can I be healing to you with my words? Specific Words or Phrases? Texts? Listening Better? Responding Respectfully? Other?

Wife to Husband:

What words or phrases do I often say to you that are hurtful?

How can I be healing to you with my words? Specific Words or Phrases? Texts? Listening Better? Responding Respectfully? Other?

Apologize for any painful words that have been spoken. Spend time praying together, asking God to heal areas of hurt in your marriage.

Action for Week 3: Be intentional with your words this week, speaking ONE healing thing to your spouse every single day.