

CATEGORY 2
Spirituality & Worship

Couples Discussion Guide

INSTRUCTIONS

Complete your side independently first. Be honest — not diplomatic. Then share with your partner and discuss. The goal is understanding, not agreement.

QUESTION REFLECTION

For each question, write your honest answer in 1–3 sentences.

1. Discuss your core beliefs and values.

Him:

Her:

2. Are any of these values and beliefs negotiable?

Him:

Her:

3. What happens if one of us changes our spiritual beliefs?

Him:

Her:

4. How important is it that we attend religious services together?

Him:

Her:

5. How will we handle religious differences if they arise?

Him:

Her:

6. What role should prayer or meditation play in our marriage?

Him:

Her:

7. How do you want to incorporate faith into our daily lives?

Him:

Her:

8. What are your thoughts on tithing or religious giving?

Him:

Her:

9. How should we handle religious holidays and traditions?

Him:

Her:

10. What spiritual practices do you want to maintain individually?

Him:

Her:

11. How important is it to have a spiritual mentor or counselor?

Him:

Her:

12. What does forgiveness mean to you in a marriage context?

Him:

Her:

AFTER THE DISCUSSION — Complete Together

The answer that surprised me most from my partner was:

One expectation I now understand about my partner that I didn't before:

One thing I am committing to do differently based on this conversation:

ALIGNMENT RATING

Circle one for each:

How aligned are we in our spiritual beliefs and practices?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

How satisfied am I with how spirituality is expressed in our relationship?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

OUR AGREEMENT

Write one shared commitment based on what you discovered in this category:

"In the area of Spirituality and Worship, we agree to:

"

Signed: _____ **&** _____

Date: _____