



Christian Mentoring

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ENRICHING OUR MARRIAGE

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We do ourselves a big favour by loving our spouse. Also, the most important modeling we do for our children is to love their parent/our spouse.

Marriage is hard work and does not become more fulfilling by accident or through the passing of time alone.

The issues raised in this inventory look at the basics of a marriage relationship, but there may be others. Some of the issues raised here deliberately overlap: as in all surveys, that helps us cover the most important 'bases'.

The basic idea of this inventory is that each spouse goes away to a quiet place, and spends at least 24 hours thinking about the issues. Then both go away for a long evening meal together, or a weekend, and listen carefully to each other's responses.

This inventory can also be used in a one-day retreat. Each spouse would spend at least a few hours completing all the questions. Then the couple ought to spend an hour or two sharing the responses with each other.

A Retreat Director can enrich this experience. A few questions can be covered separately and then the responses shared with each other. This is then followed by a session with the Director. This is repeated until all the questions are covered. The retreat can be commenced and concluded with a worship experience.

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1. When we first met, and early in our romance, I was especially attracted by your....
2. Over the years, the qualities I have most appreciated in you are....
3. I love it when you....
4. The happiest time/s in our marriage have been....
5. The hardest times in our marriage for me have been....
6. Some of the 'triggers' which have made those times difficult have included....
7. In our communication, let's work on....
8. Our financial arrangements are O.K. in these areas....
but we may need to work on
9. Our sexual life is OK when....
but let's work a bit harder on....
10. In terms of parenting, I reckon when we look back we'll be grateful for....
but we will also be sorry about....
11. Decision-making: Who defers to whom in what areas? I'm OK about....
But I'd be happier if



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12. Each spouse needs some freedom to pursue their own recreation/interests/friends/personal and professional development. Are the time/s and contexts for these OK for each of us?

13. What kind of marriage enrichment-time should we budget for? What should we do together?

14. As I look towards the future I envisage....
and I see us needing to work hard to build a foundation for this by....

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