

Worksheets

Below are some questions for personal reflection. As you share your answers with each other, be mindful that you are your spouse's chief encourager. When they are vulnerable enough to admit the ways they've been living instinctively, give them grace and encourage them with an attitude of teamwork.

LIST SOME OF YOUR POSITIVE NATURAL INSTINCTS INSIDE THE + AND SOME OF YOUR NEGATIVE NATURAL INSTINCTS INSIDE THE -. IN THE CIRCLES ATTACHED TO THE +, GIVE EXAMPLES OF HOW THOSE INSTINCTS HAVE BLESSED YOU; IN THE CIRCLES ATTACHED TO THE -, GIVE EXAMPLES OF HOW THEY SHOW UP IN YOUR DAILY LIFE.

The form consists of two main sections. The top section features a large grey plus sign (+) in the center. To its left and right are two vertical columns of two empty blue circles each. Dotted lines connect each circle to the plus sign. The bottom section features a large grey minus sign (-) in the center. To its left and right are two vertical columns of two empty blue circles each. Dotted lines connect each circle to the minus sign.

REFLECT ON THE FIRST SEVERAL YEARS OF YOUR MARRIAGE. CONSIDER AND WRITE DOWN THE NEGATIVE INSTINCTS WHICH THE LORD HAS MATURED IN YOU OVER THE YEARS AND PRAISE HIM!

ASK YOURSELF IF YOU ARE CONTROLLING YOUR GIFTS OR IF THEY ARE CONTROLLING YOU. HOW CAN YOU USE YOUR GIFTS MORE INTENTIONALLY RATHER THAN INSTINCTIVELY?

HOW ARE OUR GIFTS AND NEGATIVE INSTINCTS IMPACTING OUR MARRIAGE DURING THIS TIME OF QUARANTINE? HOW CAN WE BE MORE INTENTIONAL WITH OUR GIFTS AND FIGHT OUR NEGATIVE INSTINCTS DURING THIS TIME?

Narrowing the focus

Your Primary Takeaway:


