



The Marriage Mirror: Reflect with These 30 Powerful Questions

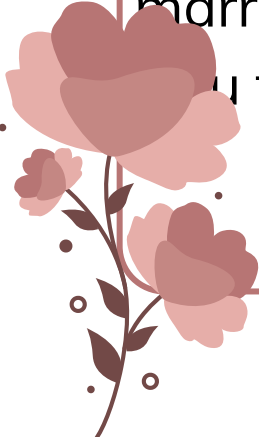
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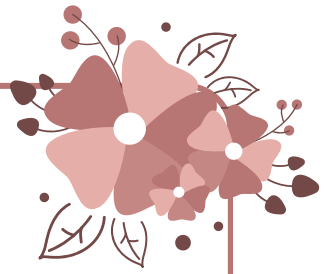




Introduction

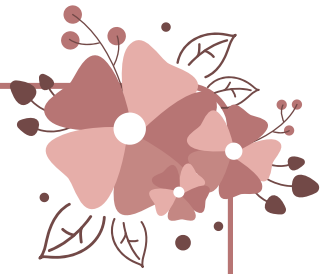
In the early hours of a beautiful Friday morning, I was reviewing content scheduled to be uploaded to my YouTube channel later that day. During this quiet moment, the Holy Spirit inspired me to create 30 questions designed to assess and strengthen marriages. These questions are intended to help you reflect on where your marriage stands today and guide you toward the thriving, fulfilling relationship you desire.





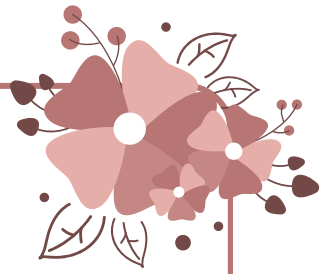
Marriage is a divine institution, a gift from God. The Bible tells us that God looked at all He had made and declared it good. Similarly, marriage is inherently beautiful, but like a flower, it requires consistent care, attention, and nurturing to flourish. Without this effort, even the most beautiful relationships can wither.





For this reflection to be beneficial, ensure the atmosphere is right and both your minds are open. Congratulations on taking this important step to reflect, nurture and cultivate your marriage. As you embark on this journey, may your efforts to water its roots and groom its branches lead to a relationship that blossoms beautifully.





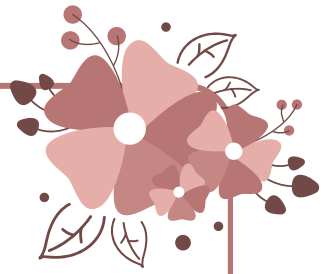
1. Do you feel like I am open and honest in our communication?
Are there times when it seems like I might be holding something back?





2. Are there topics or questions that feel difficult or uncomfortable for you to bring up with me? Why do you think that is?





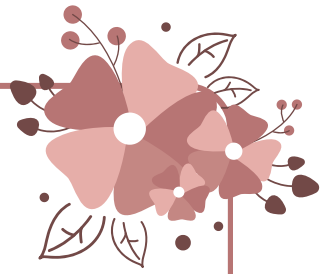
3. Do you feel safe sharing your honest thoughts and feelings with me? What makes you feel that way, or what could make it easier for you?





4. When I make a mistake, how do you feel about the way I handle it? Do you think I take responsibility or sometimes shift blame?





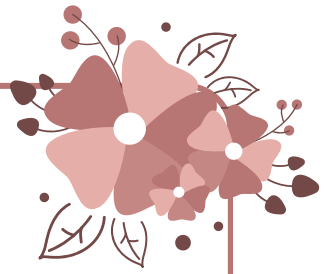
5. Is there anything I do that bothers or hurts you, but you choose not to bring it up? What makes you decide to overlook it?





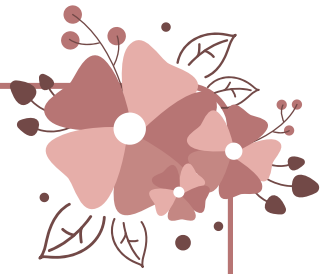
6. Have there been times when I've spoken to you in a way that felt hurtful or made you feel less valued? How did that affect you?





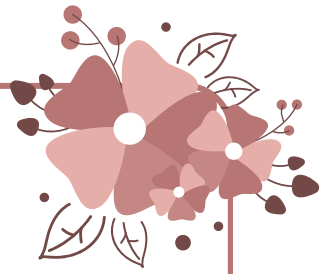
7. Do you feel that I respect the boundaries we've set to protect our marriage? Are there any areas where I could do better?





8. What new boundaries do you think we could set to protect our marriage during this phase of our lives?





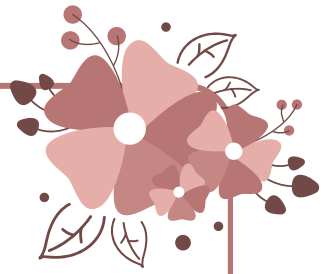
9. Do you feel I follow through on my promises? How does it impact your trust in me when I say I'll do something?





10. Do you feel I'm as present and involved in our marriage as you'd like me to be? What could I do differently to meet your needs?





11. Do you think we're actively growing as a couple? How can we be more intentional about improving together in all areas?





12. When you imagined our marriage at this stage, where did you think we'd be? How close are we to that vision?





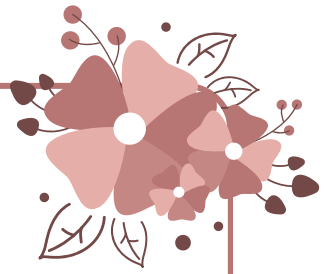
13. Do you feel we're on the path to where we envisioned our marriage to be, or have we drifted? How can we realign if needed?





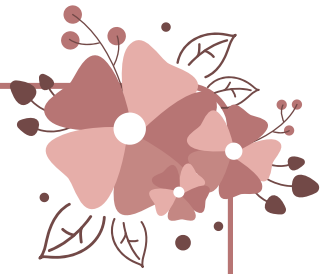
14. What have we done well to protect our marriage from outside influences? Is there anything more we can do?





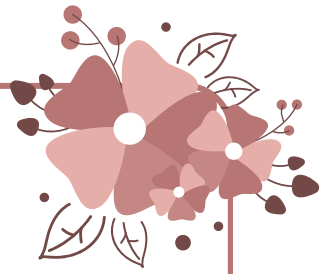
15. If you could give our sex life a title, what would it be? Why does that title feel right to you?





16. What could I do to make our intimate moments more meaningful and enjoyable for you?





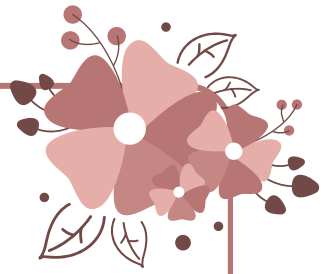
17. Do you think seeking help or advice could improve our sex life? How do you feel about that idea?





18. Are there areas where you
feel I don't fully understand you?
How can I better connect with
you in those areas?





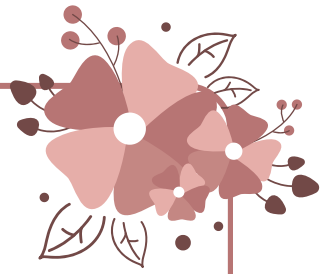
19. If you were to describe our finances in a phrase, what would it be? How do you feel about that?





20. What steps can we take to build or maintain better financial habits together?





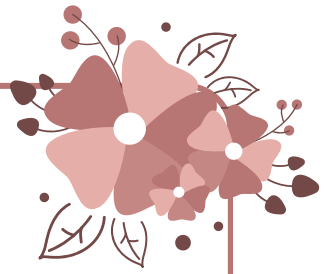
21. Do you feel we're finding the right balance as parents? What could we do to improve?





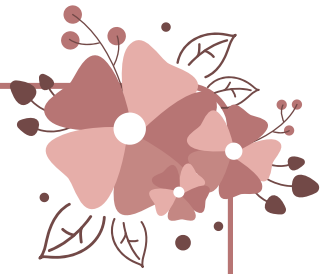
22. Are we as intentional as we hoped to be in raising our child(ren)? What adjustments might help us align with our goals?





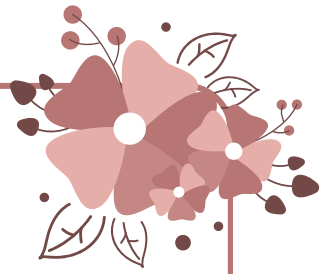
23. What specific things can we do to be more intentional in parenting?





24. Are there resolutions we've made to improve our marriage that we haven't followed through on? How can we revisit and act on them?





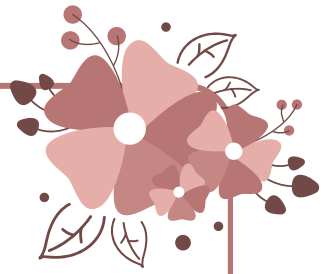
25. What could I do to be a better friend, spouse, and partner to you?





26. Are there areas where you'd like me to improve or things I'm doing well that you'd like me to continue?





27. How would you rate the current state of our love, cold, stable, hot, too comfortable, or on fire? What makes you feel that way?





28. What changes could we make to improve our relationship and make it better for both of us?





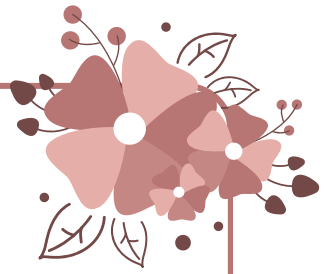
29. How do you think our individual relationships with God have influenced our marriage?





30. What steps can we take to make God more central in our marriage and daily lives?

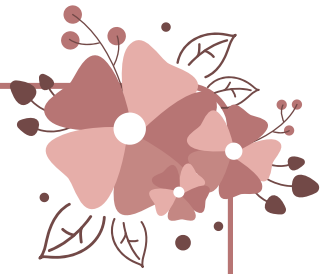




I want to encourage you not to let the conversation end here.

Keep talking and remain committed to every new or existing decision made to strengthen and progress your marriage. The outcomes you desire for your relationship are the result of staying consistent in the practices that nurture and grow your marriage.





A thriving marriage isn't
achieved by chance—it requires
intentional effort and
consistency, both in the easy
moments and the challenging
ones.

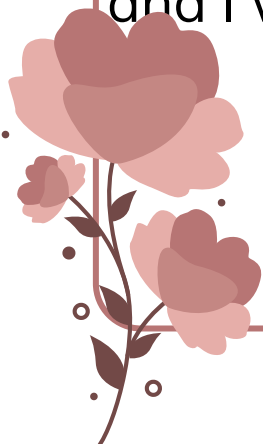
Take this declaration with me:





DECLARATION

My marriage is beautiful—it is heaven on earth, filled with laughter, happiness, joy, love, contentment, and growth. God is the core of my marriage. As Ecclesiastes 4:12 says, "A threefold cord is not quickly broken." Therefore, my marriage will not be broken. My spouse and I will always walk together in unity,





leaving no room for the devil in our relationship. Today and forever, I declare that Jesus Christ is Lord over my marriage and my home. We will continually enjoy the blessings and sweetness that this reality brings, in Jesus' name.

Amen.

I wish you all the best.

Remember, you are not alone.
God is with you and within you.





Thank you!

Oluwatosin Sanusi
with
The Graced Generation Ministry.

