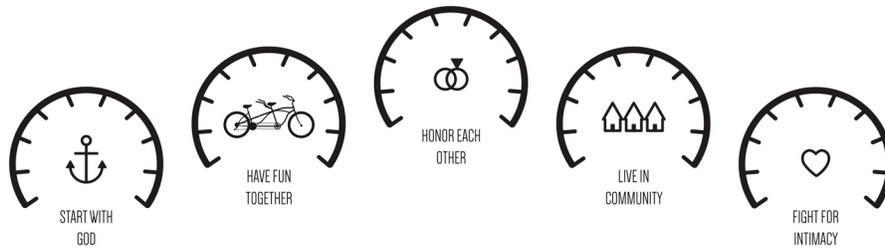

THE MARRIAGE DASHBOARD



The Marriage Dashboard is designed to give you a set of gauges for evaluating and strengthening your relationship with your spouse. We want you to have an enjoyable, lasting, and inspirational marriage. We believe couples that say “I do” to each of the five gauges for married life will experience a marriage that is better, richer and healthier versus one than average.

Each “gauge” is an indicator of health in a particular area of your marriage. The purpose of The Marriage Dashboard is to give you a clear understanding of the current state of your marriage. Knowing where there’s room for improvement is necessary before you can take action. But let’s be clear: this tool can’t improve or fix your marriage. It can be the beginning of conversations between you and your spouse that lead to actions that improve your experience of married life.

If you approach the dashboard with a good attitude and a willingness to learn and grow, you’ll discover it’s a valuable tool.

DISCUSSION QUESTIONS

1. What is your most vivid memory of fun and laughter with your spouse?
2. In what ways do you seek God’s wisdom in and for your marriage? How has it influenced the quality of your relationship?
3. Talk about a time when a friend or friends influenced your marriage for the positive.
4. Under what circumstances do you find it difficult to honor your spouse? What is it about those circumstances that makes honoring your spouse difficult?
5. What are some things that currently get in the way of intimacy (in communication, parenting, finances, or sex) in your marriage?
6. What is one thing you can do this week to honor your spouse and fight for intimacy in your marriage? How can this group hold you accountable for following through on that action?

THE MARRIAGE DASHBOARD

MOVING FORWARD

Marriage is designed by God to be a covenant relationship between one man and one woman who enjoy one another for life. Husbands and wives are meant to give and receive the love and grace of Jesus Christ to each other. In short, marriage by God's design should be enjoyable, lasting, and inspirational.

No marriage is perfect because each of us is flawed, and we bring those flaws into our marriages. The Marriage Dashboard is designed to help you identify where your marriage can use some work so you can take action. Don't settle for average when your marriage can be extraordinary. In the next week, use the Marriage Dashboard exercise that follows as a starting point for some conversations with your spouse. Those conversations may be the beginning to making some adjustments (small or large) to ensure your marriage is enjoyable, lasting, and inspirational.

CHANGING YOUR MIND

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32

THE MARRIAGE DASHBOARD

EXERCISE: USING THE MARRIAGE DASHBOARD

This is an exercise for you and your spouse to complete on your own, outside of group time. You won't be sharing your answers or reviewing your conversation with the group. During the exercise, you'll complete the Marriage Dashboard individually, and then share your answers with your spouse when you're finished.

To complete the exercise, follow these steps:

1. Read the description for each gauge on the dashboard in the Definitions and Diagnostic Questions section of this page.
2. Read the questions associated with each gauge, and reflect on how you would rate your marriage on that gauge.
3. Rate your marriage on that gauge using a scale of 1 to 10, with 10 being the highest possible rating and 1 being the lowest possible rating.
4. When you and your spouse finish working through the entire dashboard, compare your answers and have a conversation using the questions that follow.

DEFINITIONS AND DIAGNOSTIC QUESTIONS

• START WITH GOD

Starting with God in marriage means recognizing we lack the necessary wisdom and strength to love and respect our spouse best.

- When it comes to your marriage, do you seek God's wisdom through the Bible and prayer?
- Is there any particular truth in God's Word you resist obeying in your marriage?
- What patterns or habits have become an obstacle to starting each day with God?

I CURRENTLY RATE MY MARRIAGE: _____

• HAVE FUN TOGETHER

Fun, laughter, and good memories are often overlooked as components of a thriving marriage.

- What is your most vivid memory of fun and laughter with your spouse?
- List three activities you consider fun to do with your spouse.
- What do you think is currently the greatest obstacle to having fun together in your marriage?

I CURRENTLY RATE MY MARRIAGE: _____

THE MARRIAGE DASHBOARD

• HONOR EACH OTHER

Honor means elevating your spouse by choosing love, respect, and grace.

- In what ways do you fail to honor your spouse?
- What are some things you think would make your spouse feel honored? (Be specific.)
- Is there a specific offense that is currently an obstacle to honoring your spouse?

I CURRENTLY RATE MY MARRIAGE: _____

• LIVE IN COMMUNITY

Every couple needs good friends who encourage them to pursue a God-honoring marriage.

- Who are the closest friends you share as a couple?
- Do your closest married friends encourage you in your relationship with God and your pursuit of a God-honoring marriage?
- What are some obstacles to your living in community?

I CURRENTLY RATE MY MARRIAGE: _____

• FIGHT FOR INTIMACY

Intimacy is the oneness a couple shares across all areas of their relationship, including parenting, communication, finances, and sex.

- In what area do you feel most disconnected in your marriage?
- If you could change only one thing about your marriage to create more intimacy, what would you change?
- What are some current obstacles to you being intentional about fighting for intimacy in your marriage?

I CURRENTLY RATE MY MARRIAGE: _____

THE MARRIAGE DASHBOARD

TALK ABOUT IT

1. Describe your experience using the Marriage Dashboard. Was it helpful? Why or why not?
2. On which gauges did you rate your marriage highly (7-10)? What do you think you're doing well in that area of your marriage?
3. On which gauges did you give yourself a low or medium rating (1-6)?
4. What is one thing you can do to raise the number on those gauges? Be specific.
5. Was there a noticeable difference (more than 3 points) between the way you and your spouse rated any of the gauges? If so, talk about how you see that area of your marriage?
6. What is one thing you can do to begin to close the gap between your ratings? Be specific.