

# Marital Readiness For Reconciliation Guide

Name \_\_\_\_\_ Date \_\_\_\_\_

## PART I. THE PRESENT

A. What is it, really, that is getting to you? How have you been hurt?

B. How is the conflict with your spouse affecting your life?

1. Your attitudes?

2. Your personal devotional life? worship?

3. Your relationships with family, other Christians, co-workers, etc.?

C. Check any of these feelings that you have had during this conflict:

- |                                    |                                    |                                      |                                     |
|------------------------------------|------------------------------------|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> angry     | <input type="checkbox"/> hurt      | <input type="checkbox"/> lonely      | <input type="checkbox"/> furious    |
| <input type="checkbox"/> thankful  | <input type="checkbox"/> joyful    | <input type="checkbox"/> peaceful    | <input type="checkbox"/> jealous    |
| <input type="checkbox"/> proud     | <input type="checkbox"/> isolated  | <input type="checkbox"/> bitter      | <input type="checkbox"/> guilty     |
| <input type="checkbox"/> wholesome | <input type="checkbox"/> resentful | <input type="checkbox"/> worried     | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> forgiving | <input type="checkbox"/> despair   | <input type="checkbox"/> other _____ |                                     |

D. How do you want to respond to this conflict?

- |                                      |   |                                     |
|--------------------------------------|---|-------------------------------------|
| <input type="checkbox"/> separate    | <input type="checkbox"/> win            | <input type="checkbox"/> understand |
| <input type="checkbox"/> run         | <input type="checkbox"/> reconcile      | <input type="checkbox"/> resolve    |
| <input type="checkbox"/> heal        | <input type="checkbox"/> protect rights | <input type="checkbox"/> get even   |
| <input type="checkbox"/> other _____ |   | <input type="checkbox"/> divorce    |

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## PART II. THE PAST

CONFESSION. Read Psalms 51:1-17; 1 Corinthians 4:4; Galatians 5:19-21; James 4:1-10; 5:16

1. What offenses or wrongs have caused or contributed to this conflict or broken relationship?
2. What actions of yours have contributed to starting or continuing this conflict?
3. Have you made any promises to your spouse that you have not kept? Explain.
4. What expectations did you have of your spouse that have gone unfulfilled? What made these expectations reasonable? Explain.
5. Have you risked confession; not only to God, but to your spouse?  
 Yes  No. If no, why not?

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## PART III. The Future.

A. RECONCILIATION. Read Matthew 5:23-24; I Corinthians 7:10-12; II Corinthians 5:18-21; Ephesians 2:11-22

1. What is a prerequisite for worship?
2. Visualize you and your spouse both appearing before God the Father with Jesus holding hands with each of you. What would you expect to happen?
3. What prevents reconciliation or healing between you and your spouse from taking place?
4. What would have to change for your marriage to be healed? What makes these expectations reasonable?

B. LOVE. Read Matthew 5:43-44; Luke 10:25-37; 1 Corinthians 13:4-7; Ephesians 5:25-29; Titus 2:3-4.

1. What do these scriptures teach about the importance of Love to God? [NOTE: "Love" in these passages does not mean a romantic feeling, but a sacrificial devotion in seeking the highest good of another person.]
2. In this conflict, what is God calling you to do to manifest His love to your spouse?