

# Marriage **CONNEXION** Classes

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## **A Balancing Act: Keys to Balancing Life in Marriage and Family Discussion Questions**

- 1. Reflecting on Your Priorities:**
  - How do you currently prioritize your time between work, your spouse, and your family? What changes might you consider to better balance these priorities?
- 2. Communication and Support:**
  - Share a recent situation where communication (or lack thereof) significantly impacted your relationship. How did you resolve it, or what could have been done differently?
- 3. Date Night Ideas:**
  - It is important in a healthy marriage to enjoy one another. Do you and your spouse have date nights? What are some of your favorite ways to spend quality time together? What is your game plan to make spending time together a priority?
- 4. Spiritual Connection:**
  - Do you and your spouse currently incorporate prayer and worship in your daily lives? What are some new practices you could adopt to strengthen your spiritual connection?
- 5. Shared Goals and Accountability:**
  - Discuss a personal or family goal you both have. How can you support each other in achieving this goal, and what steps can you take to hold each other accountable?
- 6. Work-Life Balance Reflection:**
  - Do your work commitments tend to overshadow your relationship with your spouse and family? What strategies can you implement to maintain a better balance?
- 7. Handling Stress and Burnout:**
  - Do you and your spouse recognize when one another is stressed? How do you address signs of stress and burnout in each other and how can you support each other during these times?
- 8. Emotional Support:**
  - Share a time when your spouse's support made a significant difference.
- 9. Shared Goals and Values:**
  - Do you and your spouse share the same goals and values? What are some goals you want to set together in the near future?



One of our core values at Harvest Connexion is *healthy relationships*. A major element of this is to equip couples to pursue life-giving, Christ-centered marriages.

Our ***Marriage Ministry Team*** offers the following services:

- Marriage instruction
- Pre-marital direction
- Marriage crisis intervention
- Marriage mentoring
- Couple-focused small groups
- Marriage retreats
- Blended Families ministry

For more information, contact Jerry or Connie Sublett:

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## MEET THE TEAM



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