

Daily Spousal Relationship Health Check

Allow the Holy Spirit to show you His thoughts of your actions today. You're spouse may have insight you've missed. Don't use this to take offense at you're spouse's actions.

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. Psalm 139:23-24 (New Living Translation)

L is patient
O is kind
V it does not envy
E it does not boast
E it is not proud
L it is not rude
O it is not self-seeking
V it is not easily angered
E keeps no record of wrongs
L does not delight in evil
O rejoices with the truth
V always protects
E always trusts
L always hopes
O always perseveres
V never fails

1 Corinthians 13:4-8a

Heavenly Father,

Forgive me for not showing the love you define to my spouse today, specifically in the areas of

Thank you Holy Spirit for reminding me of it now. Show me how to move past saying "I'm sorry" to the point of real change. Help me to admit my sin and my faults to my spouse. Keep careless, hurtful, cruel, vindictive, and painful words and actions from coming from me. As we submit to one another out of reverence for Christ, make us each other's best friend and biggest cheerleaders. Help me (provide security for my wife/respect my husband) today and always. Help me to nurture the destiny you've entrusted to my spouse.

Have I been patient with my spouse today?

Have I been kind to my spouse today?

Have I been petty about anything with my spouse today?

Have I put my needs ahead of my spouse's need today?

Have I been stubborn towards my spouse today?

Have I been rude with my spouse today?

Have I put more effort in myself than I shared with my spouse today?

Have I been easily angry at my spouse today?

Have I been passive aggressive with my spouse today?

Have I revealed if my spouse has been humiliated today?

Have I celebrated with my spouse today?

Have I protected my spouse and our relationship today?

Have I shown trust in my spouse and their decisions today?

Have I shown hope for our future today?

Have I optimistically persevered today?

Compliments of Trevor Lund @revtrev

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