

# Marriage Watchlist Worksheet

## Identifying Areas of Spiritual Resistance to Fortify Them with the Word

### Purpose

Every marriage will experience seasons of challenge. Scripture teaches that we do not wrestle merely with circumstances, but with spiritual resistance that seeks to divide, discourage, and weaken families.

“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.” – 1 Peter 5:8

This worksheet helps married couples prayerfully identify areas where the enemy may be attempting to gain influence and intentionally strengthen those areas with God's Word.

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### Watchlist Reflection

#### Guiding Question

#### What area in our lives is the enemy attacking?

This is where the enemy may be attempting to gain a foothold. Once identified, we strengthen that area with truth from Scripture.

“Do not give the devil a foothold.” – Ephesians 4:27

*Take time together to pray before beginning.*

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### Marriage Watchlist Assessment

Rate each area together:

Rating	Meaning
1	Major struggle / constant tension
2	Frequently challenging
3	Occasionally challenging
4	Generally healthy
5	Strong and thriving

### Key Areas of Marriage

Area	Rating (1-5)	Notes
Communication		
Conflict Resolution		
Emotional Connection		
Physical Intimacy		
Spiritual Leadership		
Prayer Life Together		
Parenting Unity		
Financial Stewardship		
Trust & Honesty		
Encouragement & Support		
Time Together		
Individual Spiritual Growth		

After rating, discuss:

#### Which areas scored lowest?

These areas often reveal where pressure, conflict, or spiritual resistance may be occurring.

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## Identifying the Attack

For each area needing attention, complete the section below.

### Area of Challenge

Example: Communication, patience, finances, intimacy, unity in parenting.

#### Area Identified

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How is this challenge showing up in our marriage?

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What patterns have we noticed?

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## Fortifying With Scripture

The goal is not only to identify the challenge, but to **replace weakness with truth from God's Word.**

“Take the sword of the Spirit, which is the word of God.” – Ephesians 6:17

### Supporting Scriptures

Write verses that strengthen this area of your marriage.

Scripture	Key Truth	How We Will Apply It

### Action Plan

**What practical step will we take this week to strengthen this area?**

Examples:

- Pray together daily
- Schedule weekly marriage check-in
- Speak words of encouragement daily
- Set aside distraction-free time

Action Step:

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