

# 30-Day Relationship Check-In

*A Monthly Conversation for Couples Seeking Covenant*

Healthy relationships require **intentional reflection**. This monthly conversation is designed to help couples grow in honesty, spiritual maturity, and clarity about their direction. Begin with prayer.

## Part 1 - Gratitude

Take time to thank God for the relationship.

Each person answers:

1. What am I most thankful for about you this month?
2. What moment from the past month strengthened our relationship?
3. Where have I seen God's grace in our relationship recently?

## Part 2 - Spiritual Growth

*“Let us consider how we may spur one another on toward love and good deeds.”* Hebrews 10:24

1. How have we pursued Christ together this month?
2. What spiritual habits have strengthened our relationship?
3. Where have we grown spiritually as individuals?
4. Where do we want to grow next month?

## Part 3 - Challenges and Concerns

Healthy relationships address challenges honestly. Each person should answer:

1. Is there anything that has been weighing on my heart about our relationship?
2. Have there been misunderstandings or unresolved tension?
3. Is there something I need to ask forgiveness for?

## Part 4 - Boundaries and Integrity

Discuss openly:

1. Have we honored the boundaries we established?
2. Where have we struggled with temptation?
3. Do we need to adjust our boundaries to better protect purity?

Write down any adjustments that need to be made:

## Part 5 - Direction and Clarity

Reflect on the direction of the relationship.

Discuss:

1. Are we moving closer toward covenant?
2. Are we learning more about each other's character, faith, and calling?
3. Is this relationship helping us discern marriage more clearly?
4. What conversations do we need to have in the coming months?

## Part 6 - Prayer Together

End your time by praying for:

- Wisdom
- Purity
- Unity
- God's guidance for the future