



THE MARRIAGE TABLE · JESUS & MARRIAGE

CONVERSATION SHEETS

Simple pages for a faithful conversation.

Reusable sheets for spouses and groups of couples. Print a fresh personal reflection page for each person, and keep private notes private.

Abide. Become. Be Sent.

A free discipleship resource from MSSNL.

For spouses and groups of couples · mssnl.org/table/marriage

Agree on a safe rhythm.

This is a discussion guide, not a contract or a promise to disclose.

When and where will we meet?

- Speak for myself; listen without interrupting or correcting.
- Either person may pass, pause, or keep a reflection private.
- Do not share a spouse's story without permission.
- Do not use Bible verses, prayers, or group pressure to control.
- Choose personal actions, not demands for someone else.
- Confidentiality has safety and legal limits; discuss these openly.

Safety comes first

This is a discipleship resource, not licensed counseling, and it makes no promise to repair any marriage. Never use it to pressure a spouse toward reconciliation, disclosure, sex, submission, or any kind of control. If there is physical, sexual, emotional, financial, or spiritual abuse, or you fear for your safety or your children's, do not work through these sessions together. Do not confront your spouse with what you write here. Contact a confidential professional, a trusted pastor, a domestic violence hotline, or local emergency services. Skip any question that is unsafe to answer. Anyone may pass on anything, at any time.

My reflection and next step.

Date:

Chapter or session:

What happened with my last action?

Scripture — what do I notice?

My own response, not my spouse's faults:

One action and when I will take it:

What am I asking God for?

This page is yours. You do not need to hand it to a spouse or facilitator.

Our optional shared next step.

Complete only if both people freely choose. Keep separate personal notes separate.

One thing each of us appreciated in today's conversation:

A small practice we both agree to try:

When will we try it?

When will we check in?

What support would help, and from whom?

Group sharing: agree on one general insight you are both comfortable sharing—or pass. Do not turn this page into a report about each other.

Facilitator's meeting check.

1. **Read:** prepare with the chapter and Scripture in context.
 2. **Listen:** take turns; speak for yourself and do not interrupt.
 3. **Practice:** choose one small action you can take, not a demand for your spouse.
 4. **Pray:** ask Jesus for grace to live what you have learned.
- Was each person free to pass or pause?
 - Did couples have private time before group discussion?
 - Did we read Scripture in context and avoid forced advice?
 - Does anyone need a confidential route to professional help?
 - Did each person choose their own action?
 - Have we agreed on the next reading and meeting?

My preparation for next time:

Record your own facilitation notes only, not confidential details about couples.