

Table Questions to Deepen Covenant Connection

1) Invite God In - “Draw near to God and He will draw near to you.” James 4:8 (NIV)

Open your time together in prayer. Thank God for your spouse and highlight 3 things about them you are thankful for. Invite God into your time today and into your marriage.

2) Connection that honours God - “Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up.” Ecc 4:9–10 (NIV)

Think of a time when you felt completely “in step” with one another, emotionally, spiritually, or even playfully. What allowed that sense of unity to happen, and how might you recreate it as an act of worship in the next few weeks?

3) Lead with Grace, Reflect Christ’s Heart and Honour Your Covenant

“Above all, love each other deeply, because love covers over a multitude of sins.” 1 Peter 4:8 (NIV)

Grace is covenant love in action, the kind that mirrors Christ’s sacrifice and keeps a marriage anchored in God’s mercy. It doesn’t ignore wrongs; it restores what’s been broken and brings healing where hurt once lived. When you let grace guide your tone, your choices, and your responses, you reflect the heart of Christ toward your spouse.

How might your home begin to shift as you both lead with that kind of love, the kind that rebuilds trust, restores peace, and keeps God at the center of your covenant?

4) Wisdom through Listening - “Everyone should be quick to listen, slow to speak and slow to become angry.”

James 1:19 (NIV)

Listening honours both God and your spouse. How can you listen with curiosity and compassion this week, as if God Himself were speaking through your spouse’s heart?

5) A Marriage that Points Upward - “Let everything that has breath praise the Lord.” Psalm 150:6 (NIV)

When people observe your marriage, how you speak, forgive, serve, and laugh together, what might they learn about God? What’s one intentional step you could take to make your love a living testimony of His faithfulness (eg. Speaking life instead of criticism, forgiving quickly, laughing together and creating joy, pursuing God together, etc.)?

6) Joy as Worship - “A cheerful heart is good medicine.” Proverbs 17:22 (NIV)

Laughter invites God’s presence. What’s one fun, playful, or silly thing you could do this week just to make your spouse smile? How could laughter itself be an act of worship that brings healing and delight into your marriage?