

SESSION 5: E-Encouragement Table Questions

Weaving Strength Into Your Marriage Through God-Centered Encouragement

“A threefold cord is not quickly broken.” Eccl 4:12 (ESV)

Start your time together with prayer. Invite God into your conversation.

1. The Encouragement Your Heart Needs Most

“Gracious words are like a honeycomb, sweetness to the soul and health to the body.” Prov 16:24 (ESV)

Question: Which type of encouragement would lift your heart most in this season (p1-3 of handout): **Verbal, Emotional, Action-Based, Growth-Oriented, Internal, or Faith-Based**, and **why**? Give your spouse an example of what that would look like.

2. Feeling Seen When You’re Carrying Invisible Weight

“Bear one another’s burdens, and so fulfill the law of Christ.” Gal 6:2 (ESV)

Question: During stressful or emotionally heavy seasons, what helps you feel most supported and cared for by your spouse? Describe a specific moment, action, or response that helped you feel understood, valued and strengthened.

3. How Your Spouse Encourages You Without Even Realizing It

“Let each of you look not only to his own interests, but also to the interests of others.” Phil 2:4 (ESV)

Question: What is one way your spouse encourages you, maybe without even realizing it, that strengthens you, lifts your spirit, or helps you feel supported?

4. The Encouragement You Want to Carry Into This Next Season

“Let us hold fast the confession of our hope without wavering, for he who promised is faithful.” Heb 10:23 (ESV)

Question: What is one kind of encouragement you want to be more intentional about giving, and one kind you would love to receive more consistently as you move into this next season together?

5. Encouragement Treasure Hunt

“A joyful heart is good medicine.” Prov 17:22 (ESV)

Question: If your spouse hid three “encouragement treasures” for you this week, what would they be?

Examples:

- A long hug
- A shared laugh
- A handwritten note
- A quiet space to breathe
- A prayer
- A treat you love
- A moment of closeness
- A break from a task