

Weekly Heart Check-In for Couples for Connection and Growth in Jesus

Choose a day to do this once a week. Begin by sincerely naming one thing you are grateful that God is doing in your spouse's life. Open with prayer: Thank God for breakthroughs, ask for grace to see your spouse through the eyes of Christ, and rejoice that you are both new creations in Christ. ***Though you will fill out this form once a week, be sure you pray with each other every day. Each should name one thing you are thankful for in your spouse before you pray with each other.***

1. INTERACTIONS WITH EACH OTHER

During the past week, I or my spouse has (check all that apply):

- ☐ Shared vulnerably about their growth (who shared?)
- ☐ Initiated spiritual practices together (e.g., prayer, devotions – who initiated?)

Brief description of a positive interaction or breakthrough:

2. SPIRITUAL PRACTICES

We have:

- ☐ Prayed together
- ☐ Done devotions or discussed Scripture
- ☐ Posted and meditated on a Bible verse for the week: _____
- ☐ Attended church together
- ☐ Interpreted setbacks through a gospel lens.
How have you seen difficulties through Christ's eyes?

3. COMMUNICATION HABITS

Reflecting on our talks, I noticed (check all that apply):

- ☐ I listened fully without defensiveness
- ☐ I apologized without qualifiers
- ☐ I listened without judgment, assuming the best
- ☐ I offered / received affection or connection signals
- ☐ Affirmed my spouse's growth or efforts

- ☐ Responded with grace to my spouse's vulnerabilities

4. AFFECTION & INTIMACY

In the past week:

- ☐ I felt free to initiate or respond to low-pressure affection
- ☐ We connected through small, consistent touch or time together
- ☐ I felt a green light for deeper connection
- ☐ I needed more space or pacing

Notes (e.g., what felt reconnecting?):

5. OVERALL ASSESSMENT

Right now, my sense of hope for my spiritual growth is:

- ☐ High ☐ Moderate ☐ Low

6. EMOTIONAL REGULATION

- When did discouragement, frustration, or withdrawal show up this week?
- What did you do instead to get a Christ-centered focus?

7. FRUIT OVER TIME

- What fruit of the Spirit was most evident this week (e.g., patience, kindness)?
- What patterns are improving (e.g., better listening, acting in selfless love instead of reacting)?

8. BREAKTHROUGHS

- What breakthroughs from God have you experienced this week?

After sharing, end with prayer: Thank God again for breakthroughs, ask for grace in growth areas, and rejoice in the way he is growing and changing you to be more like Christ. Go over this sheet once a week with the counselor if helpful.