

COUPLES CONNECTION



If you would like to watch the message, visit rpc.me/messages.

Congratulations on investing in your marriage! Over the next three weeks, you'll have the opportunity to invest in one another through intentional conversations. Each week, we'll provide a *Couples Connection Question* designed to spark conversation.

Create a space to connect with each other. Choose a time and comfortable setting free from interruptions (phone, TV, kids) and approach the conversation with kindness, curiosity and clarity.

COUPLES CONNECTION - WEEK THREE

Let's take a moment to check in with each other. These questions are designed to help you refocus and grow in your friendship as a couple. Take turns asking and answering the following:

Is there anything in your life that receives more of your love, energy & commitment than your spouse? (*Think: job, kids, parents, friends, technology, hobbies.*)

- If so, what is it?
- What steps could you take to begin reprioritizing?

In what ways have I been a good friend to you?

How can I be a better friend to you moving forward?


COUPLES CONNECTION – WEEK TWO

The tough (but necessary) conversation. We're setting aside time to have a conversation that may feel hard – but it's an important one. The goal is to *understand*, not to defend. Set a 10-minute timer for each person to share, uninterrupted.

Do you feel safe expressing your feelings with me? What are you holding onto that I am unaware of? How can I support you in sharing these feelings? What specific actions or behaviors have caused you to feel this way? What do you need from me to help alleviate these feelings?

Wrap-up Steps: Summarize key points to ensure clarity. Set a follow-up time to revisit the necessary parts of the conversation.

We wanted expert insight to go with this step, so we spoke with a Marriage & Family Therapist.

 Watch the [interview!](#)

COUPLES CONNECTION – WEEK ONE

What is one way you can champion and cherish your spouse this week, without pointing it out when you do?

(Think: words of encouragement, taking something off their plate, planning a small surprise, or just show up as their biggest fan.)

Here's one way you could make it fun! Pick up a pair of his & her piggy banks and drop in a coin every time one of you invests in the relationship. It's a small way to see progress add up. → [Here's one we love.](#) Either way, be creative!

RESOURCES - COUNSELING PARTNERS

Marriage is a journey, and sometimes you need a guide. If you and your spouse could benefit from talking to someone, we partner with trusted counselors who are ready to help.

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JOIN A COUPLES SMALL GROUP

This fall, connect with other couples at your campus who are figuring it out just like you. Visit rpc.me/groups and join the group that works best for you.