

Marital Advice worksheet

Matthew 7:4-5 "Or how can you say to your brother, 'Let me remove the speck from your eye'; and look, a plank is in your own eye? 5 "Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother's eye.

Remove the Plank Exercise

Five areas you need to Improve in	Five issues your spouse listed for you	Five Issues you have with your spouse

List and describe 10 positive qualities about your spouse you appreciate

(Keep list and go over – thanking the Lord for these attributes)

Philippians 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Love Languages

Priority #	My Love Language	Priority #	Spouse's Love Language
	Words of affirmation		Words of affirmation
	Quality time		Quality time
	Receiving gifts		Receiving gifts
	Acts of service		Acts of service
	Physical touch		Physical touch

Goals for Family:

- 1.
- 2.
- 3.
- 4.
- 5.