

The Bridge Marriage Conference

DAILY REFLECTION QUESTIONS

RECALL: Think through key events and emotions of your day and ask God to reveal His presence and activity.

REJOICE: Gratefully recall moments of joy in your day. Thank God for His presence and for any blessings that come to mind.

REPENT: Wherever you see words, thoughts, actions, or attitudes in your life that don't look like Jesus, confess, receive His grace, and ask for His Spirit to empower you.

RENEW: With hope, consider tomorrow. Ask God for wisdom, strength, and boldness to walk in the way of Jesus.

WEEKLY REFLECTION QUESTIONS

What brought you joy this week?

What was difficult this week?

What is one thing I can do for you this week?

How are we using our table?

Is there any unconfessed sin, conflict, or hurt we need to resolve and/or seek forgiveness for?

What is a dream, craving, or desire that has been on the forefront of your mind?

How can I pray for you this week?

MONTHLY REFLECTION QUESTIONS

How are we stewarding our finances?

How is our sex life?

QUARTERLY REFLECTION QUESTIONS

Which rhythms gave us the most life this year?

Which one needs more work to get to better results?

Any we want to add?

Any we want to change?

Any we want to take away?



ANNUAL REFLECTION QUESTIONS (PERSONAL)

Looking back:

Why do I do what I do as a leader? What core values drive me and my leadership?

Where did I experience joy or accomplishment in the past year that I need to celebrate?

What mistakes did I make – and what did I learn from those failures?

Who did I offend or wound this year? Have I reconciled and made things right with them?

Who helped, supported, and encouraged me this year?

When and how can I thank those who helped, supported, and encouraged me?

Where was I least energized in the past year? Where was I most energized?

How am I different now than from who I was a year ago?

Because I had power and authority, who, in turn, is flourishing because of it?

Looking forward:

Who do I want to become this year?

Who can journey with me this year – and how would I want them to be with me on my journey?

What elements, areas, projects, or people should have my time, energy, focus, and attention this year? Why those?

What will I need to say no to this year - even if they are good things - in order for me to accomplish my goals?

How will I know if I am winning or losing?

Where do I need to extend grace to myself, even in the midst of uncertainty, complexity, and adversity?

What do I need to care about more in the year ahead? And will I need to care about less?

Where is there/will there be spaces for me to rest, recreate, and replenish with other life-giving people?

What is the invitation from Jesus in my life and leadership right now?

What is most essential that I need to focus on in the next 60 days?

What leadership risks do I need to take this year? Why those?

Who should I invest in this year?

Who will invest in me this year? My team?

What's the next best thing for me to do moving forward?



ANNUAL REFLECTION QUESTIONS (FAMILY)

Losses:

What would you say was the hardest moment last year? Why?

Have you learned anything or did it change you in any way?

Where did you feel like God showed up the biggest last year?

Look for patterns this last year. Was God teaching you or nudging you towards a particular theme of growth?

What is one area in your spouse that you actually saw the most growth and are proud of them?

What was something new you did or implemented that seemed to work, and you are glad you did? (i.e., date night once a month, not having a phone in the bedroom, etc.)

Where did God surprise you this year?

What did you do this year that will benefit you 50 years from now?

Wins:

What would you say is the biggest 'win' from this past year?

What's one thing that was hard but you're so glad and thankful you did it or how it ended up?

What are five things you are thankful for this year?

What's something that happened this last year, that would've surprised you or you never would've guessed would happen?

What was your favorite date as a married couple this year?

Favorite moment or memory this year as a couple?

Finances:

Worst financial decision we made this year. Why?

One way we can change how we see, spend, or use finances next year.

Best fun purchase we each made this year.

Best use of money or moment of generosity and stewardship this year.

List or name thankfulness items of provision where God took care of us this year financially.

Children:

What is 'one word' we'd say to describe how parenting/child relationships went this last year?

What is each kid excelling at?

What does each kid need some extra help on?



How can we call their true identity in the Lord out more in the next year?

What was the best thing we instituted with the kids that blessed our family tenfold this year? (new tradition, a training tool, etc.)

Rhythms:

Which rhythm gave us the most life this year?

Which one needs more work to get better results?

Any we want to add?

Any we want to change?

Any we want to take away?

Sin and Battle:

Where do you feel like sin patterns most entered into the marriage or individual lives this year?

How do you think your sin affected the marriage or family?

What did God reveal about yourself this year or how did He help you fight and resist temptation, the devil, the flesh and the world?

What is the most helpful thing I do as a spouse when your sin pattern begins to show?

What is the least helpful thing I do as a spouse, or a way I exacerbate, those areas?

Where did you see God triumphant over sin in your life and marriage and family this year? Be specific. Count the blessings and moments of victory. What about in areas of weakness or hurt or pain or any type of serious spiritual battle even though it might not be sin?

Favorite:

Memory

Date

Moment with kids

Movie watched

Meal

Moment with friends

New thing we did

Place of growth

New habit

Praise in our community

Book



KNOW THY GOD

What do you know more deeply about God today than you did a year ago?

KNOW THYSELF

What do you know more deeply about yourself today than you did a year ago?

LETTING GO

What do you need to release or let go of to move into this year with hopeful anticipation?

ONE WORD

What one word can hold your dreams, prayers, and intentions for this next year?

Additional Resources

Praying Scripture for Marriage by The Daily Grace Co.

Together ■ A Marriage Journal by The Daily Grace Co.

The Meaning of Marriage by Tim Keller

Love & Respect by Dr. Emerson Eggerichs



THE BRIDGE CHURCH