

CHM

Christian Healthcare Ministries

Building
a Better
Marriage



Building a Better Marriage

Q's for
Me&You

Get comfortable and get to know your spouse as you explore four essential areas of your life together: Finance, Faith, Health & Well-being, and Marriage.

TALK. CONNECT. GROW.



TOWERING

QUESTIONS

A game of tactile & relational skill!

Have an old Jenga® game lying around? Here's a great way to give those blocks a marriage-strengthening purpose!

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Finance

Qs

Me

You

1. What is one thing we would change about the way we handle our money?		
2. What scares us or keeps us up at night about our finances?		
3. What do we want our money to do for us that it hasn't done yet?		
4. What did we learn about money growing up? How was it talked about?		
5. What are our short-term financial goals? What are our long-term financial goals?		
6. What do we each tend to splurge on?		
7. What's one money habit that we admire about each other?		
8. Who's the saver and who's the spender? Does this cause stress in your marriage?		
9. We've just won the lottery. What would we do with the money?		

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Faith



Qs	Me	You
1. How do we pray for your marriage? How do we pray for each other?		
2. What importance does prayer play in our life?		
3. How has prayer impacted our relationship?		
4. What can we be praying for each other right now?		
5. What do we think were our most vulnerable moments in our relationship?		
6. What do we mean to each other?		
7. Would you rather a pause button or a rewind button for life?		

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Health & Well-being

Qs

Me

You

1. How has our marriage lead to better physical, mental, and emotional well-being?		
2. How do we support each other's wellbeing?		
3. What are some ways we ensure we're working as a team?		
4. How have our love languages affected our daily life?		
5. What is it about our life together that makes each of us happy?		
6. Do we support each other in the ways we like to stay physically healthy?		
7. Define a "healthy" relationship. What should it provide for those in it?		
8. How does conflict between us affect us mentally, emotionally and physically?		
9. If we were each suddenly gifted in a new ability, what would we want it to be?		

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Marriage

Qs

Me

You

1. How should a husband treat his wife?		
2. How should a wife treat her husband?		
3. What is the secret to a successful marriage?		
4. What would we do to have a perfect day, weekend, or evening together?		
5. What annoys us about each other? How do we deal with it? What's a difference we celebrate?		
6. What accomplishments (individually and together) are we most proud of?		
7. When did each of us know that we wanted to get married?		
8. How do we each think getting married changed our relationship?		
9. If we could go anywhere, where would we go that would bless us both?		

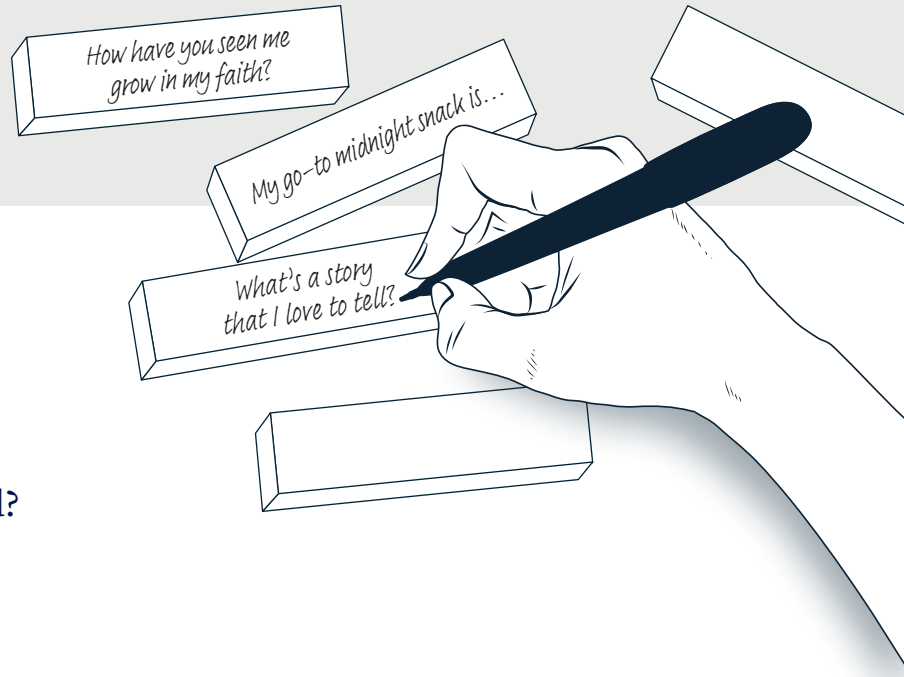
TOWERING

QUESTIONS

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TOWERING

QUESTIONS



Have an old Jenga® game lying around?

Here's a great way to give those blocks a marriage-strengthening purpose!

SETUP (about 8 minutes):

1. Using a fine-tipped marker, write one question on each block on the large face. Pick from the list on the next page or write your own.
2. Make sure the questions are written on the large face that will be hidden once the blocks are stacked.
3. Using the loading tray, create the initial tower. Stack all of the blocks in levels of three placed next to each other along their long sides and at a right angle to the previous level.

HOW POINTS ARE AWARDED:

- One point is awarded to the Player for every block successfully removed.
- One point is awarded to the Opponent for every question correctly answered.
- One point is forfeited from the Player who makes the tower fall.

HOW TO PLAY:

1. Once the tower is built, the person who stacked the tower plays first.
2. Using only one hand, remove one block per turn from any level of the tower (except the level below an incomplete top level). Players may tap a block to find a loose one. Any blocks moved but not played should be replaced, unless doing so would make the tower fall.
3. Ask your opponent the challenge question written on the removed block, then place the block on the top level, following the same pattern of construction.
4. The opposing player must answer the challenge question.
5. The turn ends when the Player has accepted or rejected the Opponent's answer.
6. The game ends when the tower falls—completely or partially (other than the block a Player moves on a turn).
7. The winner is the person with the most points.

TOWERING

QUESTIONS

1. How am I doing as a husband/wife?
2. When/where do I like to spend time with God?
3. What's my favorite worship band/song?
4. YOU: Tell two truths and a lie. SPOUSE: Guess.
5. Tell me five things you love about me.
6. What are my favorite words?
7. Do your best impression of me (be kind).
8. What is my happiest childhood memory?
9. What is my favorite memory of us?
10. What is one household chore I hate?
11. How do we tackle problems differently?
12. How have you seen me grow in my faith?
13. How can I be a better spouse to you?
14. How can you help me the most?
15. What is my dream vacation?
16. What inspires me the most?
17. Where was our first date?
18. What were your first impressions of me?
19. What is my favorite tv show?
20. What is my favorite passage of Scripture?
21. What's my favorite piece of clothing?
22. When I was a kid, what did I want to be?
23. What was the name of my childhood pet?
24. What's my favorite smell?
25. What's a story that I love to tell?
26. What's one thing you know I love most about you?
27. What am I always forgetting?
28. Where is my favorite place to eat?
29. What is my favorite season?
30. What is my favorite holiday?
31. What is my favorite social media app?
32. If we could live anywhere in the world, I would choose...
33. What is my favorite movie?
34. What was my favorite birthday/Christmas gift as a child?
35. What is my favorite piece of advice to give?
36. What is my dream job?
37. If I made you a mixtape, what would three of the songs be?
38. What famous person would I love to spend a day with?
39. My most quoted line from a movie is...
40. My go-to midnight snack is...
41. Describe my personality in one word.
42. What actor/actress would I want to play me in a movie?
43. What is my biggest pet peeve?
44. What game show would I want to be on?
45. If I had a slogan, what would it be?
46. If I were an animal, what would I be?
47. If I had to relive one decade of my life, which would it be?
48. What chore of yours would I gladly do instead of mine?
49. What comedian would MC the celebrity roast of me?
50. How have I surprised you recently?
51. If I had more time in my day, how would I spend it?
52. I'm thinking of a number. What is it?
53. How would I most like to spend a vacation with you?
54. Close your eyes. Accurately describe my outfit.