

## ***Reveal: Questions to open the hearts of your spouse and kids***

*Collected and compiled by Bryan McWhite*

### ***“Getting to know you” questions:***

1. As you were growing up, what was unique about your family as compared to other families in your neighborhood, or families of your friends?
2. What do you remember about learning to drive?
3. Can you recall visiting your parents’ workplace and if so, describe it and how you felt when you went there?
4. Complete the sentence: “I’m sure my mom and dad wished I would have...”
5. What is perhaps the worst movie you’ve ever seen? (or, your favorite movie in high school, as a kid, in college, as adult, worst in each category, etc.)
6. Describe your favorite elementary or high school teacher.
7. Tell me your most serious physical injury as a child.
8. Do you daydream? What do you daydream about?
9. What is the thing you like best about being a parent? The thing you like the least?
10. What is your favorite memory of the two of us together before we were married? Second favorite?
11. Name three things I do for you that helps brighten your day and make you feel rested.
12. What is the best compliment I could give you?
13. Of all you’ve done in your life, what has made you feel the most proud?
14. What kind of small gifts can I give you to let you know how much I’m thinking of you?
15. If money and time weren’t an issue, what would you most like to do?
16. When did you first notice me? What was the attraction? Is attraction still important?
2. What is your favorite childhood memory?
3. What is your strongest area of leadership? Weakest?
4. What has been the toughest experience of your life?
7. What was your most fulfilling moment this year?

### ***“X-Ray” Questions for Husbands and Wives***

1. When are you the happiest that you married me?
2. What do I do or say that really bugs you?
3. Do I respect and honor you around the children? How about around our friends/coworkers?
4. Do we show our love and affection to one another enough around our kids?
5. Do you consider me an optimist or a pessimist? How do you feel about that?
6. Do I tell you that I love you often enough? Too much?
7. Do I ever joke about things you wish I wouldn’t? Do I ever joke at times you think are inappropriate?
8. What things can you always count on me for? (try to name 5)
9. Do you feel like our marriage is a good example to the kids? In what ways? Are there things we could improve?
10. Is there anything that you feel like we have a hard time discussing? Why do you think they’re so difficult for us to talk about them?

11. Let's come up with 15 minutes a day for the two of us to talk without being interrupted. How can we achieve that?
12. What do you think we argue about most, big stuff or little stuff?
13. Is my way of doing things too structured? Too spontaneous? How?
14. What do I do that 'takes the wind out your sails'?
15. What positive things have our kids added to our lives?
16. Can you remember the way we felt when our children were born (thankful, in awe)? Do you still feel that way? If not, what would it take for us to feel that way about them more often?
17. What things did you see in me that made you want to marry me?
18. What did you want for our marriage when we were engaged?
19. What things in our marriage make you sad?
20. What things in our marriage make you happy?
21. If you could press a button and change our marriage, how would it change?
22. In what ways do you think God is honored by our marriage?
23. How would you characterize our communication?
24. Describe how we arrive at decisions.
25. Describe how we resolve conflicts.
26. How would you describe our spiritual life as a couple?
27. Are there couples you look up to? What do you respect about their marriages?
28. In what ways have we have struggled as a couple? Why have we struggled with this?
29. What do you see as the strengths of our marriage?
30. What do you see as the weaknesses of our marriage?
31. What do you think we need to do as a couple to get from where we are to where we need to be?
32. Describe the marriage of your dreams. How do we get to that?
33. What one thing could I do that would change our marriage significantly?
34. When I get angry with you and you ask for forgiveness, do you feel that I forgive you by my actions as well as by my words?
35. Am I harder on you when you make a mistake than I should be? How?
36. Do you ever get the impression that I put conditions on my affection and love for you?
37. Do you ever feel insecure about my love?
38. Do you feel like we share the responsibility in our marriage or does one of us shoulder the burden of some areas more than they should (finances, sex, parenting, spiritual matters, household chores)? Are you comfortable with the way things are?
39. Think of all our married friends. What are some of the positive things you see in their marriages that you'd like to see us do in ours?
40. One incident I remember what made me appreciate you more was...
41. Some qualities I most admire in you are...
42. Some ways I have seen you grow in the past months/year are...
43. Some qualities I see in you that I would like to cultivate in my own life are...
44. You have helped me to love God more, grow in character, and worship God more in these specific ways...
45. (For husbands) How am I doing in the area of godly leadership?
46. (For wives) How am I doing in the area of godly submission?
47. Let's discuss how we sinned in a recent conflict. Are we still lacking in confession, repentance, and forgiveness?

48. How would our children say we are doing in modeling biblical leadership/submission before them?
49. How am I doing in the area of romance?
50. How would you rate our sex life (1-5 stars)?
51. What can I do to help you enjoy sex more?
52. Do you feel comfortable telling me when you don't enjoy something sexually? How can I make you more comfortable?
53. What's one thing you would like to try that might spice up our sex life?
54. How am I doing in communicating with you?
55. As a demonstration of my love for you, I would like to improve in the area of...
56. As a matter of special importance to me, I would like to see you improve in the area of...
57. A situation where I was especially proud of you was...
58. Do you feel that I am pursuing the closest relationship possible with you? How can I grow in that?
59. What is the area we most need to grow in, in our relationship?
60. What do you think God is doing in our marriage right now?
61. What are some obstacles that may keep us from solving problems?
62. Describe how our marriage has changed over the years.
63. When you are hurt or angry with me, what do you do?
64. How well do you communicate dissatisfaction to me?
65. What are some tangible ways that I can serve you now (this week, this season in life)?

***“X-Ray” Questions for Parenting:***

1. Where am I strongest in raising our children? Weakest?
2. What is the area I/you most need to grow in, in our relationship with our children?
3. What are our goals for individual family members right now as we disciple them? What are we doing to achieve those goals?
4. How are we doing with family devotions right now?
5. How can we make family devotions more regular and substantive?
6. How are we doing at building family identity and memories?
7. What is your persistent concern about how each of our children is developing?
8. What is one specific concern you carry for each of our children?
9. Are you satisfied with how we are disciplining?
10. Do you think I get too angry too quickly?
11. Do you think our kids view me to be slow to anger and abounding in love?
12. Am I giving enough time to the kids? Is the time I give to them invested well?
13. Have the kids said anything to you about me that I should be concerned about?
14. (To ask kids) Do I tell you I love you enough, or too much?
15. (To ask kids) Do I show you that I love you enough?
16. Are there any areas where you're frustrated with me?
17. Have I been unfair or too firm with you any time lately?
18. What could I do to brighten your day or week?
19. Is there anything I can help you with more?
20. How can I be a better dad/mom for you?

21. Do you think I'm modeling godly manhood/womanhood well?
22. Is there anything you have been meaning to ask me lately?
23. Am I easy to approach for advice or guidance? How could I make it easier?
24. Do show my love for mom/dad in obvious ways?
25. Do you ever worry about how mom/dad and I are doing?

***Questions about your walk with Christ (for husbands, wives and kids)***

1. What do you think God has been teaching you lately?
2. What have you read in the Bible or other reading lately that has encouraged you? Convicted you? Given you hope? Confused you? Excited you?
3. How have the gospel and the cross made a difference in your life lately?
4. In what areas of life do you need to live more in light of the gospel? In what areas do you see me forgetting the gospel?
5. What idols has God identified in your life recently?
6. What have you experienced lately that helps you to believe there is a loving God? Has anything happened that's caused you to doubt that?
7. Are you ever frightened about the future? If so, what frightens you?
8. Do you feel like you're harder on yourself when you make a mistake than you need to be? How?
9. What part of the Bible do you read most often? Why?
10. What in your life has been characteristic of your life when you have been "on fire" for God?
11. As you look at your life this past 6 months, what area of growth are you most encouraged about?
12. What has helped you grow in your walk with God in the past few months?
13. Characterize your spiritual life over the past few months.
14. What is one thing you've learned about God recently?
15. What is one thing you've learned about yourself recently?
16. In what ways have you matured in the past year?
17. In the past six months what has been your most encouraging experience? Discouraging?
18. What has helped you grow in your walk with God in the last few months?
19. What one aspect or thing in your life are you most encouraged about or thankful for right now?
20. What is your most difficult pressure or challenge at present?
21. What is a current source of stress?
22. What have you been asking God for in prayer recently?
23. What things are likely to cause you to cry? What has caused you to cry most recently?
24. In what way would you like to grow in your walk with God this year?
25. Where do you most struggle with unbelief right now? (or, fear, rebellion, self-sufficiency, etc.)
26. What sacrifices do you think God is calling you to presently? Which is the most difficult? Why?
27. What gifts is God giving us now that we are not receiving with appropriate gratefulness?
28. What evidences of grace do you see in others at church that have been encouraging to you? Have you pointed them out to them?
29. What area of sin has God brought to your attention recently that you are currently seeking to put to death? How are you attacking this sin? What is your strategy against it?

30. Are we working from a platform of grace?
31. As you look at my life right now, what area most concerns you? What concern do you carry for yourself?
32. Lately, what has preoccupied your thoughts?
33. What sins in my life do I commonly rationalize away?
34. Where is it very difficult for you to discipline yourself?
35. What are my strongest areas of submission/leadership? Weakest?
36. How are you doing at pursuing accountability and correction?
37. In the last seven days, how many times have you spent 45 minutes or more in the Word and prayer? Is there anything I can do to help you get more time?
38. What is your greatest source of frustration right now? Are you pleased with how you've responded to it?
39. How am I doing at confession and repentance to you and our children?
40. Martin Luther said, "I feel as though Jesus died only yesterday." How would you rate your affections for the cross in the past few days, weeks?
41. What would you say my priorities are right now? What Biblical priorities am I not giving sufficient attention?
42. What one thing could you do (that you aren't doing now) that if you did on a regular basis, would make a tremendous positive difference in your life?
43. In what ways can I more consistently humble myself before you and others?
44. A quality I most admire in you is . . .
45. A quality I most admire in your relationship with God is . . .
46. What am I preoccupied with? What is the first thing on my mind in the morning and the last thing on my mind at night?
47. How would I complete this statement: "If only \_\_\_\_\_, then I would be happy, fulfilled, and secure"? Is this desire godly?
48. What do I want to preserve or avoid?
49. Where do I put my trust?
50. What do I fear?
51. When a certain desire is not met, do I generally express frustration, anxiety, resentment, bitterness, anger, or depression?
52. Is there something I desire so much that I am willing to disappoint or hurt others in order to have it?