

HOW TO **SPARK** CONVERSATIONS WITH YOUR SPOUSE.

Take a 15-minute window a day to share with your spouse what's happening in your inner world and to listen to what's happening in theirs.

SHARE

What did I learn today about life, myself, and God?

PURPOSEFUL

Were there any purposeful conversations & interactions?

ACTIONS

What steps did I take towards the things that are meaningful to me and my calling?

REALIZATIONS

Were there any lies believed, truths, or wins that happened today?

KNOW

Is there anything pressing your spouse needs to know?



SPARK DISCIPLESHIP

SparkDiscipleship.com