

Dream Home Blueprint

Tool #4: Connecting Spiritually

Many of us have been trained to think that spirituality is private and should not be shared. This is magnified in couples who come from different religious backgrounds or who hold different sets of beliefs. Whether or not we share the same faith, we can make our relationship stronger by sharing our beliefs with one another. Take time to answer these questions, then share them with one another. Decide ahead of time to accept whatever your spouse tells you with an open heart!

What was your experience of God/faith growing up?

Do you pray? Why or why not?

If you do, when where and how do you? If you don't, was that a specific decision you made?

How would you describe God?

How important to you are your beliefs about God?

** The concept behind this worksheet comes from the **Living in Love** retreat . For more information or to attend a weekend, see www.livinginlove.org*



www.joyfulmarriageproject.com