



# Two Churches, One Marriage

## Developing a Religious and Spiritual Bond



### Discovery

#### Step One:

Before exploring the topic further, it might be helpful for you and your partner to assess what joint activities you are currently doing that nourish your religious or spiritual bond. Each of you should take a moment to complete the Joint Religious Activities inventory. For each item, indicate whether you and your partner regularly, often, occasionally, or almost never do each activity together as a couple.

#### Joint Religious Activities Inventory

Name: \_\_\_\_\_

For each item, indicate whether you and your partner regularly, often, occasionally, or almost never do this activity together as a couple.

|   |           |       |              |       |
|---|-----------|-------|--------------|-------|
| 1. Attend a church worship service together.                            | Regularly | Often | Occasionally | Never |
| 2. Attend a Bible study group or religious education activity together. | Regularly | Often | Occasionally | Never |
| 3. Serve or work together on a church project or committee.             | Regularly | Often | Occasionally | Never |
| 4. Participate together in a church-sponsored social activity.          | Regularly | Often | Occasionally | Never |
| 5. Pray together.   | Regularly | Often | Occasionally | Never |
| 6. Discuss religious or spiritual matters together.                     | Regularly | Often | Occasionally | Never |
| 7. Read the Bible or other religious materials together.                | Regularly | Often | Occasionally | Never |
| 8. Say grace at meals together.   | Regularly | Often | Occasionally | Never |

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### **Step Two:**

After completing the inventory, compare your answers with your partner. Do the two of you have different perceptions in any of the areas? If so, why? Activities that you and your partner regularly or often do together as a couple are probably strengthening your religious or spiritual bond. Items that you and your partner occasionally or almost never did together as a couple are areas of opportunity where you can strengthen your religious or spiritual bond.