

BECOME *Disciples*

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A Gentle Self-Reflection for Married Couples

SEXUAL FAITHFULNESS & INTEGRITY

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“Marriage is to be honoured by all, and the marriage bed kept pure.” Hebrews 13:4 CSB

Marriage is not sustained by passion alone, but by truth, trust, and intentional faithfulness. This reflection is an invitation to strengthen your covenant, not to accuse your heart.

Take your time. Pray as you read.

Let the Holy Spirit guide, not rush you.

IMPORTANT NOTES BEFORE YOU BEGIN

- This is self-reflection, not interrogation.
- Avoid comparison with others.
- If pain, trauma, or deep patterns surface, seek pastoral and professional care wisely.
- Do not revisit sins that have already been confessed and renounced.

Faithfulness grows best in light, not pressure.

THE HEART OF FAITHFULNESS

Ask yourself gently:

1. Am I intentionally protecting my heart for my spouse?
2. Do I treat faithfulness as merely physical, or also emotional and mental?
3. Do I honour my spouse in the way I think and speak about them?
4. Have I allowed disappointment, resentment, or distance to quietly shape my desires?
5. Do I believe God’s design for marriage leads to life and freedom?

Faithfulness begins in the heart long before it is tested in behaviour.

THOUGHT LIFE & IMAGINATION

6. Do I regularly bring my thoughts into obedience to Christ?
7. Do I compare my spouse to others, real or imagined?
8. Do I use fantasy as an escape from stress, conflict, or unmet expectations?
9. Do I allow past sexual experiences to occupy my mind in unhealthy ways?
10. When temptation arises, do I redirect my thoughts or let them linger?

What we repeatedly dwell on quietly shapes our desires.

MEDIA & VISUAL WISDOM

- 11. Am I careful with what I watch, scroll, and consume?
- 12. Do I justify content that stirs desire by calling it harmless or normal?
- 13. Do I linger longer than necessary on images or scenes that awaken lust?
- 14. Would I be comfortable inviting God into everything I view?

Wisdom asks not only, “Is this allowed?” but “Is this helpful?”

RELATIONSHIPS & BOUNDARIES

- 15. Are my emotional connections appropriate and transparent?
- 16. Do I keep communication open that I would hesitate to share with my spouse?
- 17. Do I enjoy affirmation or attention from someone other than my spouse in a way that feeds my ego?
- 18. Do I set clear boundaries to protect my marriage, or rely on willpower alone?

Boundaries are not signs of weakness; they are acts of love.

INTIMACY & CONNECTION

- 19. Am I intentional about emotional closeness with my spouse?
- 20. Do I communicate openly about needs, struggles, and expectations?
- 21. Do I withdraw sexually or emotionally without addressing the underlying issue?
- 22. Am I patient and kind when intimacy is difficult or mismatched in season?

Sexual integrity flourishes where emotional safety is nurtured.

HONESTY & GROWTH

- 23. Am I honest with God about my struggles?
- 24. Do I invite accountability when needed, rather than hiding in isolation?
- 25. Am I growing more open, more humble, and more faithful over time?
- 26. Is my direction toward greater integrity, even if the journey is still ongoing?

Growth is measured by direction, not perfection.

FINAL HEART QUESTIONS

- 27. Is there anything I need to bring into God's light for healing and renewal?
- 28. Is there any boundary God is inviting me to strengthen, not out of fear, but love?
- 29. How can I better honour my spouse with my thoughts, choices, and attention?

PRAYER FOR MARRIED BELIEVERS

Lord,
Thank You for the gift of marriage.
Help me to honour my spouse with my heart, my mind, and my body.
Heal what is wounded, realign what is drifting, and strengthen what
You have joined together.
Teach me to walk in faithfulness, truth, and love.
Amen.

FINAL ENCOURAGEMENT

Faithfulness is not merely avoiding failure; it is choosing love daily.
God is not watching to condemn you;
He is working to strengthen your covenant.

**“Above all else, guard your heart, for everything you do flows from it.”
Proverbs 4:23**

