

A Cord of Three Strands

COUPLES BONDING & REFLECTION WORKSHEET

Clinician's Note

This worksheet is designed to help couples move beyond routine coexistence and intentionally cultivate shared joy, emotional intimacy, and spiritual unity. Grounded in the principle of Ecclesiastes 4:12. Assign this as homework, instructing the couple to complete the activity and bring the reflection section back to process in session.

Part 1: Setting a Christ-Centered Intention

Before choosing an activity, take a moment to reflect on the purpose of your time together. True bonding isn't just about having fun; it's about nurturing the covenant you made with God and each other.

*"And let us consider how we may spur one another on toward love and good deeds."
— Hebrews 10:24*

Discuss briefly:

- What is one area of our marriage where we currently feel disconnected or rushed?
- How can spending intentional time together this week help us reflect God's grace?

Part 2: The Shared Activity Menu

Choose **one** activity to complete together this week. Silence your phones and commit to being fully present.

Spiritual Connection

- **Walk & Pray:** Take a 30-minute walk. Spend the first half talking about where you saw God working this week, and the second half praying out loud for each other's stressors.
- **Shared Devotional:** Read a chapter of Proverbs or a Psalm together. Spend 20 minutes discussing what it reveals about God's character and how it applies to your marriage.

Emotional Intimacy

- **The "Remember When" Dinner:** Cook a meal or order takeout. Take turns sharing your top three favorite memories from dating or early marriage.
- **Gratitude Exchange:** Sit face-to-face. Set a timer for 5 minutes. Take turns finishing this sentence: *"I saw Christ in you this week when you..."*

Playfulness & Joy

- **Create Together:** Try something neither of you is an expert at—painting, baking, or a small project. Laugh at mistakes and practice patience.
- **Unplugged Game Night:** Play a board game. Before every turn, offer one sincere compliment or express one thing you appreciate about your spouse's character.

Part 3: Post-Activity Debrief

To be completed after your activity and brought to your next therapy session.

Activity Chosen:

Date Completed:

1. What was the highlight of this activity for you?

Spouse A:

Spouse B:

2. Did you experience any moments of friction or disconnect? If so, how did you handle it?

3. How did this dedicated time impact your sense of closeness or unity?

Spouse A:

Spouse B:

4. What is one thing you learned about your spouse (or were reminded of) during this time?

"Lord, thank You for the gift of this marriage. Forgive us for the times we let the busyness of life crowd out the love we have for one another. Thank You for the time we spent together today. We ask that You continue to weave Yourself into our relationship, making our bond stronger, deeper, and more reflective of Your love for the Church. Amen."