

MARITAL ATTRIBUTES

- 1. AFFECTION UNLIMITED:** Do you have a high touch relationship? Are there frequent hugs that are freely given and fully received? And I'm talking at minimum 2-3 embraces daily if you think you are scoring high. Kisses need to be daily too. At least kiss each other goodbye as you go into your day, hello when you meet again and kiss good night as you turn out the lights. *"Greet one another with a kiss of love." 1 Peter 5:14.* /10
- 2. ATTENTION UNDIVIDED:** Yup, when your spouse speaks, you listen. It is in giving this undivided attention that screams their value to you. You are "in the moment" and fully present. They matter. Put down your phone. You make eye contact. You give them your time. To fully engage and lock into your mate shows interest and respect. We should be *"quick to listen, slow to speak and slow to become angry." James 1:19* /10
- 3. ACCEPTANCE UNDOUBTED:** It starts with warm greetings where we acknowledge and genuinely welcome our spouse into our space. This constant association shows belonging to the core. I don't just accept you; I value you and invite you into my life. We become each other's safe place. There's never rejection - only connection. *"Accept one another, then, just as Christ accepted you, in order to bring praise to God." Romans 15:7* /10
- 4. ASSOCIATION UNDISPUTED:** This is the outward expression of your genuine friendship. Do you get along well? Are you caring companions? People will see you enjoy being together. You walk hand in hand. You laugh freely. Yours is a comfortable closeness and it's good. You make time for each other and keep going on dates. You look like a couple because you are a couple. *"A friend loves at all times" - Proverbs 17:17* /10
- 5. AFFIRMATION UNRESTRAINED:** Are you your spouse's greatest fan? Do they know you believe in them? Do you offer words of encouragement daily verbalizing your appreciation and approval? Or is there far more criticism than compliments? Do you express words of gratitude with sincere pleases and thank you's? *"Therefore encourage one another and build each other up, just as in fact you are doing." 1 Thessalonians 5:11* /10
- 6. ARBITRATION UNRESERVED:** How well do you forgive or are you better at holding grudges? Are you quick to judge and accuse or do you operate with grace and patience? Forgiveness is hard when you have to let go of an offence. Giving a genuine apology may be harder as you have to honestly own your stuff. Do you resolve problems well? *"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." Colossians 3:13* /10
- 7. AUTHENTICITY UNQUESTIONED:** Do you trust each other? Do you do what you say? Do you both share your whereabouts and keep your word? Honesty is the foundation of trust. Trust is what anchors love. There are no lies, no half-truths, no minimization and no withholding between you. You don't have secrets. You speak the whole truth and nothing but the truth so help you God? Are you *"speaking the truth in love?"* Ephesians 4:15. Stated clearly - *"Do not lie to each other" Colossians 3:9.* /10
- 8. ATTRACTION UNLEASHED:** Are you drawn to each other in love? Is your passion strong & secure? Do you build attraction outside the bedroom? Is your desire growing inside the bedroom? Is your sexual intimacy mutual and satisfying and meeting each other's needs? (1. Cor. 7:3,4). *"May you always be captivated by their love." Proverbs 5:19.* /10

Can you say, “*you have captured my heart; you hold it hostage with one glance of your eyes. Your love delights me.*” *Song of Solomon 4:9,10.*

9. AFFILIATION UNCOMPROMISED: Have you made the choice that your attachment is for life! Do you share a loyalty, an exclusiveness and a faithfulness that won't be compromised? You operate with healthy relational boundaries. There's no flirting, no private messaging and secret relationships with others. There's no one else, online or in person. You are truly each other's one and only. You live out your marital covenant. *“If you love someone, you will be loyal to him no matter what the cost.” 1 Corinthians 13:7* /10

10. ALLEGIANCE UNWAVERING: You know that to put God first, life goes best. You surrendered your lives to the Lord. He's the center of your relationship. There are 3 in the marriage not 2. You promise to keep a soft heart toward God and to keep growing in faith. You pray, share and grow together spiritually because each of you decided to *“Trust in the LORD with all your heart; and not depend on your own understanding. You seek his will in all you do, knowing he will show you which path to take.” Proverbs 3:5,6* /10

Instructions: Transfer your scores from the side margin here. Write out 1 thing that you could do to improve your scores and suggest one thing that your spouse could do to improve their numbers. Then, agree on a time to share your scores and your ideas for mutual improvement. Listen to each other. Try to grow. Don't spend any time blaming, squabbling, or defending. Remember, it's a team score. It's 2 becoming 1! May God help you toward **the All-Inclusive Attributes of an Amazingly Awesome Marriage.**

| Marital Attributes | Husband's Score: | Wife's Score: |
|--|------------------|---------------|
| 1. Affection Unlimited: What do you need to work on: | _____ | _____ |
| 2. Attention Undivided: What do you need to work on: | _____ | _____ |
| 3. Acceptance Undoubted: What do you need to work on: | _____ | _____ |
| 4. Association Undisputed: What do you need to work on: | _____ | _____ |
| 5. Affirmation Unrestrained: What do you need to work on: | _____ | _____ |
| 6. Arbitration Unreserved: What do you need to work on: | _____ | _____ |
| 7. Authenticity Unquestioned: What do you need to work on: | _____ | _____ |
| 8. Attraction Unleashed: What do you need to work on: | _____ | _____ |
| 9. Affiliation Uncompromised: What do you need to work on: | _____ | _____ |

10. Allegiance Unwavering:

What do you need to work on:

His Score:

/100

Her Score:

/100

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