



What to Do When You Feel More Like Roommates Than Partners

Divine Grace Coaching • Guiding Couples With Grace

You're Not Alone

Many couples don't fall out of love overnight. They slowly become consumed by schedules, responsibilities, stress, and routine until they begin feeling more like roommates than partners.

Signs of Drift

- Conversations revolve around logistics.
- Little quality time together.
- Decreased affection and intimacy.
- Feeling emotionally disconnected.
- Living parallel lives instead of shared lives.

How to Reconnect

- ✓ Schedule intentional time together.
- ✓ Have meaningful conversations.
- ✓ Show daily appreciation.
- ✓ Pray together.
- ✓ Prioritize friendship again.

This Week's Challenge

Plan one uninterrupted hour together and ask: 'What do you miss most about us?'

Scripture

Ecclesiastes 4:9 – 'Two are better than one.'