THE MARRIAGE TABLE

25 conversations for couples who want to keep making room for each other

A companion resource to Every Table an Altar

A marriage is shaped through thousands of ordinary moments. A shared meal offers space to hear what your spouse is carrying, remember what you love, and make room for the life you are building together.

This guide gives you 25 questions across five themes. Choose one question over a meal or a walk. There is no need to finish a section in one sitting. Return to questions as your season of life changes.

A simple practice: Put phones away. Take turns answering. Listen without planning your response. Ask, “Can you tell me more?” before offering advice. End by naming one thing you appreciate about each other.

A note about safety: These prompts are intended for relationships where both people can speak freely. If there is intimidation, coercion, or abuse, prioritize safety and seek qualified support rather than using a conversation exercise to resolve it.

01 FRIENDSHIP & DELIGHT

Remembering the person across from you

01. What is something about me that still makes you smile?

02. When have you felt especially close to me recently?

03. What part of our early story would you love to relive for an evening?

04. What do you wish we made more time to enjoy together?

05. What is one small way we could make an ordinary week more fun?

One thing I heard you say that I want to remember:

_____

_____

02 THE LIFE WE ARE LIVING

Paying attention to the present

06. What has been taking more energy from you than I realize?

07. Where do you feel supported by me right now? Where do you feel alone?

08. What has been bringing you joy in this season?

09. Is there a responsibility we need to rethink or share differently?

10. What would help our home feel more restful in the next month?

One thing I heard you say that I want to remember:

_____

_____

03 CONFLICT & REPAIR

Making room for honesty and healing

11. When we disagree, what helps you feel heard?

12. What do I sometimes misunderstand about your intentions?

13. Is there a small unresolved hurt we could talk about with care?

14. What does a meaningful apology sound like to you?

15. How can we recognize earlier when a conversation needs a pause?

One thing I heard you say that I want to remember:

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_____

04 INTIMACY & CONNECTION

Cultivating trust and affection

16. When do you feel most known by me?

17. What kinds of affection have felt life-giving lately?

18. What makes it easier for you to share something vulnerable?

19. How can we better protect time for emotional and physical closeness?

20. What would you like me to understand about your needs in this season?

One thing I heard you say that I want to remember:

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_____

05 FAITH & THE FUTURE

Following Jesus together

21. Where have you noticed God at work in our marriage?

22. What spiritual practice would you like us to share more often?

23. Who might God be inviting us to welcome around our table?

24. What hope do you have for the next year of our marriage?

25. What kind of people do we want to become together over the next decade?

One thing I heard you say that I want to remember:

_____

_____

A SIMPLE TABLE LITURGY

Begin: “Lord Jesus, help us listen with patience and speak with honesty. Teach us to love each other in the life we are living today. Amen.”

Read: “Be completely humble and gentle; be patient, bearing with one another in love.” (Ephesians 4:2, NIV)

Share: Choose one question. Let each person answer without interruption. Then ask what support or encouragement would be meaningful this week.

Close: “God, thank you for the gift of this person. Give us wisdom for the conversations still ahead and grace to care for one another well. Amen.”

A WEEKLY CHECK-IN

What gave you life this week? What was difficult? Is there anything we need to repair? What is one practical way I can love you this coming week?

Our next table conversation: _____

A practice we want to try together:

_____

_____

_____

If conversations repeatedly become painful or stuck, consider meeting with a licensed marriage and family therapist or a qualified pastoral counselor. Seeking help can be a wise act of care for your relationship.