

THE MARRIAGE HUDDLE

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# 48-Hour Marriage Reset

A quiet weekend to slow down,  
reconnect, and grow together.

The Marriage Huddle

WEEKEND TOGETHER. STRONGER FOREVER.

WEEKEND WORKBOOK

# Life gets loud.

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Between work, kids, sports, responsibilities, and endless notifications, it's easy to become partners in running a household instead of best friends.

This weekend is your opportunity to slow down.

To remember why you chose one another.

To dream again.

To laugh.

To apologize if needed.

To reconnect emotionally, spiritually, and physically.

Your marriage deserves intentional time.

# A great weekend starts before you pack your bags.

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**PRAY INDIVIDUALLY.**

Ask God to soften your heart and reveal areas where you can love your spouse better.

**DON'T EXPECT PERFECTION.**

This isn't about solving every problem.

It's about reconnecting.

**RELEASE EXPECTATIONS.**

Don't expect your spouse to answer every question perfectly.

Come curious instead of critical.

**PACK INTENTIONALLY.**

Bring:

- A journal
- Bible (if faith is important to you)
- Comfortable clothes
- Favorite snacks
- Music
- Cards or a game
- Walking shoes

# These are important.

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1. **No phones.**

Use them only for emergencies or photos.

No scrolling.

No work.

No social media.

2. **No interrupting.**

Let your spouse finish.

3. **Listen to understand.**

Not to defend.

Not to fix.

4. **No criticism.**

This weekend isn't about keeping score.

5. **Assume the best.**

Believe your spouse has good intentions.

6. **Stay curious.**

Ask follow-up questions.

7. **Be honest.**

Real intimacy requires honesty.

8. **Extend grace.**

Not every answer will be easy to hear.

Grace is what keeps the conversation safe.

# Make room for what matters.

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Take walks.

Laugh often.

Pray together.

Leave room for silence.

Eat slow meals.

Hold hands.

Cry if needed.

Don't rush through the questions.

The goal isn't to finish.  
The goal is connection.

# Remembering Us

These questions help you  
reconnect with your story.

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01 What's one of your favorite memories of us?

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02 When did you first know you loved me?

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03 What's something about me you've always admired?

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04 What season of our marriage has been your favorite?

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# Remembering Us

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05 What adventure should we recreate?

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06 When do you feel most loved by me?

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07 What makes you laugh about us?

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08 What's one thing you're grateful we survived together?

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# Looking Within

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01 How have you changed over the last five years?

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02 What has been bringing you stress lately?

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03 What has brought you joy recently?

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04 Where do you feel unseen?

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# Looking Within

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05 What do you wish I understood better?

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06 What's something you've been carrying alone?

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07 What's one fear you've never shared?

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08 How can I support you better right now?

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# Our Marriage Today

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01 What are we doing really well?

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02 Where have we drifted?

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03 What habits are helping our marriage?

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04 What habits are hurting it?

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# Our Marriage Today

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**05** What makes you feel emotionally connected?

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**06** When do you feel lonely?

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**07** What could I start doing that would make a big difference?

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**08** What should I stop doing?

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# Romance & Intimacy

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01 When do you feel closest to me?

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02 What makes you feel desired?

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03 How can we prioritize intimacy?

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04 What's something fun we should try together?

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# Romance & Intimacy

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05 How can we flirt more?

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06 What date nights sound exciting?

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07 What makes you feel pursued?

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08 How can I better love you physically and emotionally?

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# Dreaming Together

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01 What do you hope our marriage looks like in ten years?

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02 What places should we travel?

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03 What's on your bucket list?

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04 What family traditions should we create?

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# Dreaming Together

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**05** How do we want our children to remember our marriage?

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**06** What financial goals excite you?

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**07** What's one dream we've forgotten?

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**08** What legacy do we want to leave?

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# Finish these sentences.

I appreciate you because...

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I'm sorry for...

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I forgive you for...

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# Finish these sentences.

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I promise to...

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I'm excited about...

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One thing I'll intentionally do this month...

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# Choose one.

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Take one small intention from this weekend into your everyday life.

- ☐ Weekly date night.
- ☐ Pray together every day.
- ☐ Ten-minute nightly check-in.
- ☐ Walk together twice a week.
- ☐ Read one marriage book together.
- ☐ No phones during dinner.
- ☐ One intentional compliment every day.
- ☐ Hold hands every day.

THE MARRIAGE HUDDLE

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Weekend together.  
*Stronger forever.*

Keep choosing one another, one intentional  
moment at a time.