



Journey CHURCH

LOVE FIRST

MARRIAGE ASSESSMENT



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PUT LOVE FIRST MARRIAGE ASSESSMENT

If you began a physical fitness program, you would first want to establish your “baseline” - a measure of where you are now. A good assessment helps you focus on the areas that need the most attention and allows you to track your overall progress. Marriage fitness is no different.

The following assessment measures the degree of importance you give to your marriage.

- Answer the questions below “true” or “false”.
- Compare your score with the assessment scale below.
- Take the two periodically after you begin your Marriage Fitness program to monitor your progress.

True or False

1. When my spouse phones, I almost always make time to talk.
2. If I’m with my spouse and someone else phones, I usually don’t take the call.
3. I speak to my spouse about non-logistical matters at least twice a day.
4. When something significant happens in my life, I almost always share it with my spouse first.

5. I initiate positive loving physical contact with my spouse at least twice a day.
6. When we go to a social function, I almost always spend at least half my time talking with my spouse.
7. When my spouse walks into the house, I almost always interrupt whatever I am doing to greet my spouse.
8. When I walk into the house, the first thing I do is usually greet my spouse.
9. I spend more time interacting with my spouse than I do watching TV.
10. I spend more time interacting with my spouse than anyone else in my life.
11. I usually interrupt whatever I'm doing if my spouse wants my attention.
12. When I need someone to talk to, I almost always talk to my spouse.
13. I almost always recognize in a significant way my spouse's birthday, our anniversary and other special days.
14. My spouse and I go out alone together at least once per week.
15. My spouse and I go on vacation alone together at least once a year.
16. I have photographs of my spouse in my office, wallet, or gym locker.
17. I have at least one personal and meaningful discussion with my spouse per week for a maximum of 25 minutes.
18. I do unnecessary thoughtful things for my spouse regularly.

Number of TRUE ANSWERS: _____

Rate Your Score:

1-8: OUT OF SHAPE. You need to work hard to increase the importance you give to your spouse and your marriage. The above questions may indicate some areas you should concentrate on.

9-13: AVERAGE. But don't settle for average. Your marriage is the most important thing in your life. It should be great! Try to put love first more often.

14-18: MARRIAGE FITNESS CHAMPION. You seem to have your priorities straight. What else could you do to give your marriage even higher priority? How often do you feel rejected?

Conclusion: Did any of these areas resonate with you? Perhaps you have struggled in some of these areas?

