

Marriage Master Class

Application Questions

Take a day off.

Take time to brake away with your spouse and talk through these eight questions.

1 - What is the sabbath? Explain it in your own words.

2 - Why is taking a day off a good idea?

3 - Do you take a day off (sabbath day) every week?

4 - If so what does your day-off look like?

5 - Do you have a problem with just breathing out, but not breathing in?

6 - What are the activities that bring you life, joy, laughter and peace?

7 - What does taking a day off together look like for you as a couple?

8 - What are the things that have kept you from taking a day off?

9 - Are you willing to change and take a day off?