



Is This Normal?

Week 2: ... Because We Feel Like Roomates

Big Idea

Emotional distance in relationships doesn't happen overnight — and neither does reconnection. But with intentional effort, honesty, and God's help, couples can rebuild intimacy, friendship, and spiritual unity.

WARM UP

When you first started dating or were newly married, what's something fun or memorable you loved doing together?

VIEW MESSAGE

[Watch the Message from this Week](#)



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VIDEO NOTES

DISCUSS

ROOMMATES

- 1. What are some subtle signs a couple is drifting into “roommate mode”?**
 - Less conversation?
 - Less laughter?
 - More logistics than connection?
- 2. Do you think couples usually recognize the drift while it’s happening – or only later? Why?**
- 3. What lies do couples tend to believe in disconnected seasons?**

Examples:

- “This is just marriage.”
- “They don’t care anymore.”
- “It’s too late to fix.”



SOULMATES

4. Do you believe emotional intimacy can be rebuilt after distance? Why or why not?
5. Why does reconnection start with the individual, not just the couple? What heart work might need to happen personally?
6. What fears keep couples from being emotionally open again?

PRACTICAL STEPS

Which small actions make the biggest emotional impact?

- Verbal affirmation
- Thoughtful texts
- Physical touch
- Acts of service

Why do small gestures often matter more than big ones?

What's one habit couples could start this week to reconnect emotionally?

APPLY IT

1. Appreciation Exercise

Share 3 things you appreciate about each other.



2. **Check-In Conversation. Ask:**

How have you been feeling about “us” lately?

What’s one way I can love you better right now?

3. **Pray Together**

Even if it feels awkward – keep it simple and short.



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