

Love is Honest

1. Rejoicing in Truth

What does it practically look like in marriage to not just tell the truth, but to rejoice in the truth together?

2. Honesty & Trust

How does dishonesty—whether big or small—erode trust in marriage, and why is trust so essential for oneness?

3. Hidden Areas

Are there areas in your life (thoughts, emotions, struggles) that you tend to keep hidden from your spouse? What makes those hard to share?

4. “Naked and Unashamed”

What would it look like for your marriage to reflect the kind of openness described in Genesis 2:25? What barriers currently prevent that?

5. Fear & Vulnerability

Which of these do you most relate to: fear of rejection, pride, past wounds, or shame? How has that specifically affected your willingness to be vulnerable?

6. The Cost of Vulnerability

Why is vulnerability costly in marriage, and why is it still worth pursuing despite the risks?

7. Responding to Vulnerability

When your spouse opens up, which negative response are you most tempted toward (defensiveness, fixing, minimizing, etc.)? Why?

8. Creating Emotional Safety

What are practical ways you can help create an environment where your spouse feels safe to be honest and vulnerable?

9. Grace-Filled Honesty

How does understanding God's grace toward you (Romans 5:8, Ephesians 2:4–5) shape the way you respond to your spouse's struggles or weaknesses?

10. Love Over Fear

What is one step you can take this week to grow in honesty—either by opening up more to your spouse or by responding more graciously when they do?

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