

Premarital Counseling Questions for Building a Strong Marriage

Faith Integration in Marriage

A Christian Reflection for Premarital Counseling

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Marriage is more than a relationship built on feelings, attraction, or shared plans. From a Christian perspective, marriage is a covenant relationship before God. It is a sacred commitment where two people learn to love, serve, forgive, sacrifice, and grow together under the lordship of Christ.

A Christ-centered marriage does not mean a marriage without conflict. It means the couple learns to bring conflict, disappointment, stress, temptation, hurt, and decision-making under the wisdom of God. Faith integration in marriage is not simply praying before meals or attending church together, although those practices can be meaningful. Faith integration means allowing the gospel to shape how spouses speak, listen, forgive, lead, submit, serve, repair, and remain faithful to one another.

As Scripture says, “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you” (Ephesians 4:32, ESV). This verse gives couples a practical foundation for marriage. A healthy Christian marriage should be marked by kindness, tenderness, humility, forgiveness, and a willingness to repair when hurt has occurred.

15 Faith Integration Questions for Premarital Counseling

1. What does a Christ-centered marriage mean to each of us?

Discuss whether this means shared prayer, church involvement, biblical decision-making, mutual service, spiritual leadership, or something else.

2. How will our faith shape the way we handle conflict?

Talk about how Scripture can guide tone, humility, patience, truth-telling, and forgiveness during disagreements.

3. How will we pray together as a couple?

Discuss whether prayer will happen daily, weekly, during meals, before decisions, during conflict, or during stressful seasons.



4. What role will church involvement play in our marriage?

Talk about worship attendance, serving, small groups, community, accountability, and spiritual support.

5. How will we make room for both personal spiritual growth and shared spiritual growth?

Discuss Bible reading, prayer, worship, discipleship, mentoring, and how each person connects with God.

6. How do we understand biblical love in marriage?

Reflect on love as more than emotion. Biblical love includes patience, kindness, sacrifice, faithfulness, truth, and commitment.

7. How will we practice forgiveness when one of us is hurt?

Discuss what forgiveness looks like without minimizing harm, avoiding accountability, or pretending the pain did not matter.

8. How will we guard our marriage from outside influences?

Talk about boundaries with friendships, social media, pornography, emotional affairs, family interference, work stress, and secrecy.

9. How will we honor one another when we disagree?

Discuss how to speak truth with grace and how to avoid contempt, criticism, harshness, or spiritual manipulation.

10. What does servant leadership look like in our marriage?

Talk about leadership as love, responsibility, protection, humility, and service rather than control, dominance, or selfishness.

11. How will we handle spiritual differences or seasons of spiritual dryness?

Discuss what happens if one spouse feels distant from God, struggles with doubt, or feels less spiritually motivated than the other.

12. How will we use Scripture in a healthy way in our marriage?

Talk about using Scripture for encouragement, wisdom, correction, and hope, not as a weapon to shame, silence, or control the other person.

13. What Christian values do we want our home to reflect?

Discuss hospitality, generosity, honesty, peace, prayer, worship, service, kindness, and emotional safety.

14. How will we seek wise counsel when our marriage struggles?

Talk about when to seek pastoral care, marriage counseling, mentoring, or support from mature Christian couples.

15. How will our marriage point us and others toward Christ?

Discuss how your relationship can reflect grace, covenant faithfulness, humility, forgiveness, and love.

Faith-Based Marriage Commitments

Couples may read these together and discuss which ones they want to practice in their marriage.

We will seek Christ first.

We recognize that our marriage is healthiest when our hearts are being shaped by Christ. We will not expect each other to be what only God can be.

We will speak with grace and truth.

We will work to be honest without being cruel, direct without being harsh, and loving without avoiding important conversations.

We will repair quickly.

When conflict happens, we will not allow pride to keep us distant. We will practice apology, forgiveness, and emotional reconnection.

We will protect our covenant.

We will guard our marriage from secrecy, bitterness, unhealthy attachments, and anything that weakens trust.

We will serve one another.

We will not measure love only by what we receive, but also by how we give, encourage, sacrifice, and show up for one another.

We will grow together.

We understand that marriage is not finished on the wedding day. It is a lifelong process of becoming more loving, patient, faithful, and Christlike.

Scripture for Christian Marriage Reflection

Ephesians 5:25, ESV

“Husbands, love your wives, as Christ loved the church and gave himself up for her.”

This reminds couples that biblical love is sacrificial, protective, faithful, and self-giving.

Colossians 3:12–14, ESV

“Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience... And above all these put on love, which binds everything together in perfect harmony.”

This passage gives couples a practical picture of the attitudes that should fill a Christian home.

James 1:19, ESV

“Let every person be quick to hear, slow to speak, slow to anger.”

This is one of the most practical marriage verses for communication and conflict.

Romans 12:10, ESV

“Love one another with brotherly affection. Outdo one another in showing honor.”

This teaches couples to create a marriage culture of honor rather than competition, criticism, or scorekeeping.

Ecclesiastes 4:9–10, ESV

“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow.”

Marriage is a partnership where husband and wife learn to strengthen, support, and lift one another.

Closing Faith Reflection

A Christian marriage is not built by two perfect people. It is built by two imperfect people who are learning to depend on a perfect Savior. The goal is not simply to avoid divorce, avoid conflict, or create a happy home. The deeper goal is to build a marriage where Christ is honored, love is practiced, forgiveness is offered, truth is spoken, and grace is lived out daily.

Marriage becomes stronger when a couple can say, “We are not just planning a wedding. We are preparing a covenant. We are not just building a life together. We are learning how to follow Christ together.”
