Spiritual Intimacy Inventory

The following is a self-study, which may be used in several ways.

1. It can be used individually or as a couple and referred to every six months or so to check on your progress
2. It can be shared with your partner and discussed on a regular basis
3. It can be shared in a small group and referred to every few months.

Each question can be answered by a simple yes or no. Make a photocopy, so that each of you can answer separately. In the space provided, write out your answer to each question.

1. Do you have a regular time given to personal devotions each day? \_\_\_\_\_\_\_\_\_\_\_
2. Is God real to you when you pray? \_\_\_\_\_\_\_\_\_\_\_\_
3. Do you make it a point to speak to God every day – before you speak to anyone else? \_\_\_\_\_\_\_\_\_\_\_
4. Are your last thoughts before going to sleep directed toward God? \_\_\_\_\_\_\_\_\_\_
5. Have you learned to pray frequently throughout the day? \_\_\_\_\_\_\_\_\_\_\_
6. Have you learned to be still and listen to God’s voice? \_\_\_\_\_\_\_\_\_\_\_
7. Does God speak to your though the Bible as you read it? \_\_\_\_\_\_\_\_\_\_\_\_
8. Are you entirely honest with God as you face your sins in his presence? \_\_\_\_\_\_\_\_\_\_\_\_
9. Are you willing to let God show you the faults and weaknesses of your heart? \_\_\_\_\_\_\_\_\_\_\_\_
10. Do you turn quickly to God when you are conscious of having sinned? \_\_\_\_\_\_\_\_
11. Can you pray with your spouse? \_\_\_\_\_\_\_\_\_\_
12. Are you interested in praying with your spouse? \_\_\_\_\_\_\_\_\_\_\_
13. Does gratitude to God find frequent expression in your prayers? \_\_\_\_\_\_\_\_\_\_\_
14. Can you pray with your spouse whenever one of you needs to? \_\_\_\_\_\_\_\_\_\_\_
15. Do you ever fast? \_\_\_\_\_\_\_\_\_\_
16. Have you ever fasted at the same time as your spouse fasted? \_\_\_\_\_\_\_\_\_\_\_
17. Do you understand the meaning of fasting? \_\_\_\_\_\_\_\_\_\_
18. Do you talk with your spouse about your tithes and offerings? \_\_\_\_\_\_\_\_\_\_
19. Are you able to pray for your enemies? \_\_\_\_\_\_\_\_\_\_\_
20. Do you ever pray together for the conversion of someone who doesn’t know Christ? \_\_\_\_\_\_\_\_\_\_\_
21. Do the two of you ever read the Bible to each other? \_\_\_\_\_\_\_\_\_\_
22. Have the two of you ever read and discussed a book on prayer? \_\_\_\_\_\_\_\_\_\_\_
23. Have the two of you ever read and discussed a book on fasting? \_\_\_\_\_\_\_\_\_\_\_
24. Have you learned to meditate prayerfully on God’s Word? \_\_\_\_\_\_\_\_\_\_\_
25. Have you received a convincing answer to prayer during the last year? \_\_\_\_\_\_\_
26. Has God ever dramatically answered a prayer that you and your spouse have agreed upon? \_\_\_\_\_\_\_\_\_\_
27. Can you discuss openly with your spouse what you believe God wants you to do? \_\_\_\_\_\_\_\_\_\_
28. Do you pray for your spouse regularly throughout the day? \_\_\_\_\_\_\_\_\_
29. Does your spouse share your perspective on worship? \_\_\_\_\_\_\_\_\_\_\_
30. Do you enjoy worshiping together? \_\_\_\_\_\_\_\_\_\_\_
31. Do you ever have a private time of worship together? \_\_\_\_\_\_\_\_\_\_
32. Do you pray together for your pastor and your church? \_\_\_\_\_\_\_\_\_\_
33. Do you have friends who pray for you daily? \_\_\_\_\_\_\_\_\_
34. Are you working on being faithful in the little things? \_\_\_\_\_\_\_\_\_\_
35. Are you able to pray for and with others with you disagree? \_\_\_\_\_\_\_\_\_\_
36. Can you pray with your spouse when you disagree? \_\_\_\_\_\_\_\_\_\_

Number of **yes** answers: \_\_\_\_\_\_\_\_\_\_\_

Number of **no** answers: \_\_\_\_\_\_\_\_\_\_\_

When each of you has finished, compare the results and discuss the areas in which your responses are different from each other or areas one or both of you felt were weak.

This inventory gives you an idea of where your marriage is in terms of intimacy, spiritual and otherwise. You and your spouse can now discuss what you like to see improved. Each couple will have their own areas of need and priority. Depending on your life circumstances, your personalities, and the specific needs each of you is experiencing, some areas of intimacy will be more important than others. The goal is not that you accomplish items 1 through 36 all at once! Decide together which aspects of your life together you would like to see strengthened and developed.