

Face-to-Face Weekly Temperature Read

1. What did I do this week that encouraged you or that you appreciated?
2. Did I hurt you in anyway this week? (Listen well, be open to hearing their perspective and validate their feelings). Then ask, "What do you need from me right now?"
3. What has been challenging this week? (It doesn't have to be related to your marriage/relationship, it can be anything).
4. What is on your calendar?
5. How can I pray for you this coming week? Pray together.