

Rate Your Marriage

Name: _____

This test is designed to evaluate how you are doing in your marriage relationship and to spot problem areas so that you may work on correcting them. The test will be most beneficial if you and your husband both take it and then sit down and discuss your respective answers with each question. Seek to understand clearly the other person's reasons for answering each question as he/she did. If your answers pinpoint some difficulties, focus on how you could resolve the problem. Don't just attack or blame the other person. Remember, God does have a solution to every problem if you will handle your problems and seek to solve them in a biblical way.

Rating scale: never = 0 seldom = 1 sometimes = 2 frequently = 3 always = 4

Write the number that describes what you judge to be true of your marriage on the blank following each question.

1. Does the fact that Jesus Christ is Lord manifest itself in practical ways in your marriage? _____
2. Do you use the Bible to determine your convictions, decisions and practices in life in general and marriage in particular? _____
3. Do you and your spouse study the Bible, pray, worship God, and seek to serve God together? _____
4. Do you and your spouse seek to please one another? _____
5. Do you ask for forgiveness when you have done something wrong? _____
6. Do you allow your mate to disagree with you or make a mistake without becoming nasty or punishing him/her? _____
7. Do you focus on the things you appreciate about your mate and express appreciation in tangible ways? _____
8. Do you communicate with one another on a daily basis? _____
9. Do you express your opinions, ideas, plans, aspirations, fears, feelings, likes, dislikes, views, problems, joys, frustrations, annoyances to each other? _____
10. Do you and your mate understand each other when you try to express yourselves? _____
11. Do you do many different things together and enjoy being with each other? Are you involved in common projects? _____
12. Do you show love in many practical and tangible ways? _____
13. Do you still court one another by occasional gifts, unexpected attention, etc.? _____
14. Is your conversation pleasant and friendly? _____
15. Do you pray for one another, support and seek to encourage one another? _____
16. Can you discuss differing viewpoints on values, priorities, religious convictions, politics, etc., without becoming irritated or upset? _____
17. Do you anticipate sexual relations with your partner? _____
18. Are your sexual desires compatible? _____

19. Do you freely discuss your sexual desires with your mate? _____
20. Do you agree about the way money should be spent? _____
21. Do you think your spouse is as concerned about your views about the way money should be spent as he/she is about his/her own? _____
22. Do you agree on how to bring up your children? _____
23. Do your children know that it is foolish to try to play one of you against the other; that if Dad says "no," Mother will agree, etc.? _____
24. Do you refuse to lie to your spouse; are you building your relationship on speaking the truth? Can your spouse put full confidence in whatever you say, knowing that you really mean what you say? _____
25. Do you have a good relationship with your in-laws? Do you appreciate them? _____
26. Do you really respect your spouse? _____
27. Are you glad to introduce your spouse to friends and associates? _____
28. Do you control yourself when you are moody so that you do not disrupt your family and inflict your moodiness on others? _____
29. Do you seek to change your specific habits that may cause discomfort or displeasure to your spouse? _____
30. Do you make your relationship with your spouse a priority matter? _____
31. Do you treat your mate with respect and dignity? _____
32. Do you accept corrective criticisms graciously? _____
33. Do you agree concerning the roles and responsibilities of the husband and wife? _____
34. Are you willing to face, discuss, and look for scriptural solutions to problems without blowing up or attacking the other person or dissolving into tears? _____
35. Do you maintain your own spiritual life through Bible study, prayer, regular church attendance, and fellowship with God's people? _____

Total _____

A perfect score for this test would be 140, and this, of course, is the ideal toward which every couple should strive. I would suggest that the couple that scores 95–140 probably has a good marriage where two people are experiencing unity and happiness. Even so, these people must not become complacent, but must continue to work and try to improve.

Marriages that score 70–94 reveal the need for improvement. Couples in this bracket should note the areas where improvement is needed (indicated by this test) and immediately make changes.

Marriages that score 69 or below are in need of great improvement. Your marriage is far below the biblical norm and this explains why you are not experiencing the unity or fulfillment in marriage. The two of you need to sit down and discuss your problems and then work out a biblical plan to solve them. God has a solution in His Word for every problem if you will seek it and apply it. Your marriage can be different. God says it can. The Holy Spirit can help you to make it so. But remember God often uses godly men and women to assist people (Pro. 11:14, 12:15, 15:22). Perhaps the two of you should seek counsel from a wise godly counselor.

To make this accurate and, consequently, of maximum value, you ought to be able to support the way you scored each question with specific examples or reasons from your own experience

After taking the test make two lists:

List #1 will have all of the numerical references that rate a 3 or 4 score.

List #2 will have all of the numerical references that rate a 2 or below.

For list #2 begin writing out a specific plan of how you are going to improve in these areas.

Strengths

Weaknesses