

The Weekly Marriage Meeting Template

A printable weekly meeting structure for husbands and wives to review gratitude, schedules, stress, money, household responsibilities, repair, and the next faithful step.

A simple weekly rhythm for husbands and wives who want fewer surprises, less resentment, and a stronger household.

Why This Meeting Matters

Many marriages do not drift because husband and wife stopped caring. They drift because nobody created a rhythm for staying current. Pressure piles up. Schedules collide. Money decisions get delayed. Small hurts go unspoken. One spouse carries invisible weight until it comes out sideways.

A weekly marriage meeting is not a business meeting that replaces affection. It is a protected time to keep the household honest, connected, and united.

How to Use It

Choose the same time every week. Sunday evening works well for many couples. Keep the meeting between 30 and 45 minutes. Bring calendars, a budget app or bank snapshot, and a notebook.

Use three rules:

- Start with gratitude before logistics.
- Discuss one issue at a time.
- End with one clear next step, not ten vague intentions.

The point is not to control each other. The point is to carry life together instead of making one spouse carry the invisible load alone.

Section 1: Gratitude

Start here even if the week was hard.

Each spouse answers:

1. What did I appreciate about you this week?
2. Where did I see you carrying weight for our family?
3. What is one thing you did that I do not want to take for granted?

Write one sentence of gratitude:

This week I want to thank you for...

Section 2: Connection Check

Ask these slowly. Do not rush to defend.

1. Did you feel close to me this week?
2. Did you feel like I made room for you emotionally?
3. Was there a moment you felt alone, dismissed, or unseen?
4. What helped you feel loved or respected?
5. What would help us feel more connected next week?

Choose one connection habit for the week:

- Ten minutes of phone-free conversation after dinner.
- A walk together.
- A date at home after the kids are down.
- A note, text, or spoken blessing each day.
- A shared prayer or reflection time.

Section 3: Calendar and Pressure

Review the coming seven days.

Ask:

1. What appointments, deadlines, practices, church events, school demands, or work pressure are coming?

2. Which day looks heaviest?
3. Who needs extra support?
4. What can be simplified, moved, or declined?
5. What do we need to decide now so we are not fighting later?

Write the top three pressure points:

- Pressure point 1:
- Pressure point 2:
- Pressure point 3:

Section 4: Household Responsibilities

Invisible work becomes resentment when it stays invisible.

Review:

- Meals
- Dishes
- Laundry
- Cleaning
- Groceries
- Childcare logistics
- School communication
- Home maintenance
- Appointments
- Family obligations

Ask:

1. Is the load clear this week?
2. Is anyone carrying too much?
3. What task needs ownership, not just help?
4. What standard needs to be discussed instead of assumed?

This week, ownership looks like:

- Husband owns:
- Wife owns:

- We will decide together:

Section 5: Money Check

Keep this calm and factual.

Review:

- Income expected
- Bills due
- Debt payments
- Savings goals
- Giving/generosity
- Upcoming expenses
- Personal spending
- Purchases requiring agreement

Ask:

1. Is anything financially unclear right now?
2. Is there a purchase we need to discuss before it becomes tension?
3. Are we hiding, avoiding, or minimizing anything?
4. What is one wise money decision for this week?

Money decision this week:

We agree to...

Section 6: Repair

Do not let small injuries become part of the furniture.

Ask:

1. Is there anything from this week that still needs repair?
2. Did I speak to you in a way that hurt you?
3. Did I fail to show up somewhere you needed me?
4. Is there an apology I need to give without excuses?

Use this repair line:

I am sorry for _____. I can see how that affected you. Next time I will _____.

Section 7: Marriage Vision

A household can become all maintenance and no meaning. End by remembering what you are building.

Ask:

1. What kind of marriage do we want our children, family, or community to see?
2. What are we building that is bigger than this week's stress?
3. Where do we need more faithfulness, courage, tenderness, or discipline?
4. What is one small act this week that honors our vows?

Final Weekly Plan

Complete before ending:

- Our connection habit this week:
- Our calendar pressure point:
- Our household ownership decision:
- Our money decision:
- Our repair action:
- Our next faithful step:

Closing Words

Read together:

We are not enemies. We are husband and wife. We will carry the week with clarity, truth, affection, and devotion. We will protect the marriage while we manage the household.

Educational note: This resource is for marriage education and reflection. It is not a substitute for licensed counseling, legal advice, medical advice, crisis intervention, or emergency support. If you are unsafe, seek local emergency help immediately.