



CHAD & MARIANNE HOWARD



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CURIOSITY, CONNECTION, AND A TISSUE BOX

Before smartphones, apps, or AI, we sat at a weathered picnic table with a tissue box, yes, a real tissue box we emptied out on purpose, filled with scraps of paper and curiosity.

We were newly married, and someone gave us a challenge that changed everything: "A strong marriage is built by two people who keep learning about each other on purpose, for a lifetime." In other words, become a student of your spouse. Stay curious. Take notes. Ask good questions. Because people don't stay the same, and neither should the

way we love them. So we got to work by writing ten questions each, folding them up, and dropping them into that little makeshift box.

What happened next surprised us. With every question we pulled, another layer of who we were and who we were becoming came to light. We found ourselves laughing, pausing, and even tearing up at times. We were doing more than swapping answers; we were building trust, intimacy, and connection, one honest conversation at a time.

That day started a tradition that's lasted decades: intentionally pursuing each other's hearts again and again, in every season.

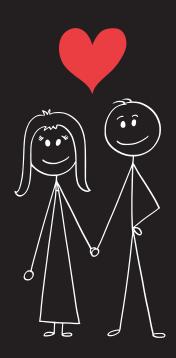
This booklet is an invitation into that same pursuit. The questions inside have helped us laugh more, listen better, and love deeper. We hope they'll do the same for you and help you create moments that draw you closer than ever before.

Chad & Marianne Howard



Whether you've been married for two months or two decades, this little book is for you. It's not about having the perfect relationship; it's about creating space for intentional connection, honest conversation, and the kind of love that keeps growing, no matter what season you're in.

Each page is built on the truth of Scripture, because love doesn't grow from good intentions alone. Marriage isn't just a contract; it's a covenant (promise) before God, designed to reflect His faithful, never-ending love. It's grounded in grace, strengthened by forgiveness, and sustained by the hope we find in Jesus and the love he has demonstrated for us.



HOW TO USE THIS BOOKLET



Each page includes a simple, heartfelt question on the left side; something to cultivate emotional intimacy and understanding. On the right, you'll find a short devotional thought and a verse from Scripture, thoughtfully paired to speak into that topic.

There's no right way to go through this. You might use one page a week over dinner. Or flip through and pick the one that fits your current season. You can answer the questions in a journal or simply discuss them on a date night, during a walk, or a late-night couch conversation.

But here's the heart behind it: Marriage gets stronger when we pause to see each other not just in the big, sweeping milestones, but in the quiet questions and the daily "I'm still choosing you" moments. So go slow. Be honest. Laugh a lot. Cry if you need to. Pray together.

Let this be more than a book. Let it be a doorway into deeper connection, deeper faith, and deeper love. You've got something special here, and it's worth the investment.

FOR A DAY, WHAT'S THE FIRST THING YOU'D DO AS ME?



"Let all that you do be done in love."

1 CORINTHIANS 16:14



DEVOTIONAL THOUGHT

Empathy is the gateway to compassion, and few questions build empathy like imagining life through your spouse's eyes. When you trade places in your mind, you start to notice things you may have missed: the pressure they carry, the invisible tasks they juggle, the hopes they quietly hold. Marriage grows when we shift from thinking, "Why do they do it that way?" to "What must it feel like to carry that?"

This kind of understanding doesn't just change your conversations, it changes your reactions. You soften. You serve. You choose grace.

Jesus chose to walk among us in human flesh and experience our limitations, frailty, and burdens. When we do the same for each other, even in playful questions like this one, we mirror His love in the most intentional way.

WHAT'S THE WEIRDEST OR MOST UNNECESSARY THING WE'VE EVER IMPULSE-BOUGHT?



"A joyful heart is good medicine, but a crushed spirit dries up the bones."

PROVERBS 17:22



Laughter is glue. It bonds you in ways that serious conversations can't. It's in the shared smirks over inside jokes, the laughter that erupts at midnight over something ridiculous, the moments when everything goes wrong, but at least you're together. Don't overlook these silly memories. They're a gift in their own way. They remind you that joy belongs in the heart of your marriage.

Marriage isn't just about deep talks and big dreams; it's also about finding delight in everyday moments and not taking yourselves too seriously. So laugh today. Reminisce about that ridiculous purchase. Let joy remind you: this journey is better because you're walking it side by side, together.



WHAT'S ONE THING I DO THAT MAKES YOU FEEL TRULY LOVED AND VALUED?



"Love one another with brotherly affection. Outdo one another in showing honor."

ROMANS 12:10



The world teaches us to win, to achieve, to be first. But what if the goal in marriage was to *outdo one another in love?* Not in competition, but in compassion. Not in being right, but in being kind. When you take the time to ask, "What makes you feel loved?" you're doing more than listening; you're inviting your spouse to be fully seen. When you act on their answer, you're strengthening the kind of trust that deepens over time. Small, consistent gestures matter: a text at lunch, a quiet hug at the door, doing that one thing they dread without being asked.

Marriage deepens when we stop assuming and start asking. When we honor each other with intentional love, we reflect the heart of Jesus, who sees, serves, and never stops pursuing us.

HOW CAN I PRAY FOR YOU IN A WAY THAT TRULY MEETS YOUR NEEDS IN THIS SEASON?



"Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working."

JAMES 5:16



DEVOTIONAL THOUGHT:

Prayer isn't just something we do for each other; it's something that binds our hearts to each other. Asking, "How can I pray for you?" may sound simple, but it opens the door to the places in our hearts that feel fragile, unseen, or heavy. It's a gentle invitation to be known without judgment. When we bring those burdens before God together, healing begins—not just in the situation, but in our connection. Walls come down. Tenderness rises.

Don't stop there, take a moment to pray for your spouse out loud, speaking their name and their needs before God.

When you remember that request a day or a week later? It tells your spouse, "You matter. Your soul matters." Let prayer become more than a routine. Let it be the tether that binds you through hope, hardship, and healing—holding your hearts together as God shapes your story.

WHAT'S ONE FEAR OR INSECURITY YOU HAVE THAT I MAY NOT BE AWARE OF?



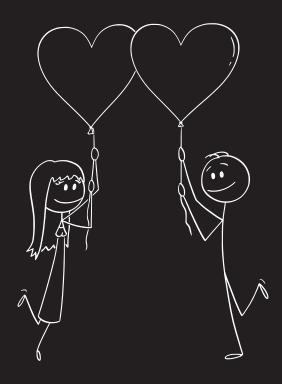
"Let each of you look not only to his own interests, but also to the interests of others."

PHILIPPIANS 2:4



It's easy to love the parts of our spouse we see. But real intimacy grows when we care about the fears we *don't* see, when we lean in instead of shutting down.

Asking this question is brave. Answering it is courageous. When done in love, it becomes sacred ground. Marriage isn't just about solving problems; it's about creating a safe space for honesty and transparency. Your spouse may not need a solution today. They may just need to be believed, held, or heard. When you listen without trying to fix, you communicate: "You don't have to be perfect to be loved here." That kind of love? It casts out fear. So slow down. Ask the question. Let their answer deepen your connection in ways you didn't expect.



TEN SIMPLE WAYS TO BUILD TRUST

Because trust isn't one big moment, it's built in the small ones.

- 1. Follow Through on Something Small. Show your word matters.
- **2. Share a Personal Fear.** Be a safe space for each other's vulnerability.
- 3. Speak Well of Each Other in Public. Honor builds trust.
- **4. Apologize First.** Humility makes room for healing.
- 5. Ask "How Can I Support You Today?" Then do it.
- **6. Stay Curious, Not Defensive.** Seek to understand, not win.
- 7. Be Present, Not Just Available. Look up. Listen fully.
- **8. Protect Their Reputation.** Even in private conversations.
- 9. Celebrate Their Wins. Without comparison or critique.
- 10. Say "I See You" Often. Noticing builds security.



A practical, Scripture-anchored guide to growing in love and wisdom over a lifetime together. Designed for couples, pastors, and small groups, it offers clear tools for communication, conflict resolution, and Christ-centered companionship.

Chad and Marianne Howard have been married for 24 years and are passionate about helping couples to grow marriages marked by grace and intentionality. Chad serves as executive pastor at FiveStone Community Church, where his steady, detailoriented leadership balances Marianne's creativity and energy. Marianne, author of Rest: Overcoming Spiritual Fatigue, brings a deep love for equipping others to grow in faith. Drawing on three decades of ministry, they've poured into couples, teaching marriage and family classes and speaking at churches and conferences nationwide. At home, they love adventures with their sons, Zander and Zeke, and laughter-filled moments with their goldendoodle pups.





The Next Steps series offers booklets that recognize unique opportunities for generational discipleship at milestones and special events.

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