

GRACE PLACE

A simple conversation rhythm for couples

A grace-filled rhythm that helps a couple slow down, lead with gratitude, and seek first to understand before being understood — not to win the conversation, but to better love the person God has entrusted to you.

It began at a table on a date night with one question — how can I better meet your needs? — and one decision: to give grace before giving an answer.

THE HEART OF GRACE PLACE

SAFE	We are here to understand — not to attack, defend, or prove a point. This is not the place to bring the twelve conversations you have been saving.
SIMPLE	One area at a time. One next step at a time. You are not solving the marriage tonight.
SUPPORTIVE	We ask how to better love, serve, and support each other. Remember who you are talking to: the person on your team.
GRACE-FILLED	We lead with gratitude, humility, and hope. Gratitude shifts the attitude — every time.

THE THREE T'S *check these first*

TIMING	TONE	TEMPERATURE
Is this a good moment for both of us? Not the minute he walks in the door.	Words can be perfectly respectful while the tone says something else entirely.	If it is already hot, let it cool before you open it.

THE GRACE PLACE FLOW *walked through on the back*

APPRECIATE	Start with gratitude. Name one thing you appreciate, and why it means so much to you.
ASK	“Is there an area where I could better support, serve, or love you right now?”
LISTEN	One question at a time. After each answer, reflect back what you heard before you respond.
ACT	Choose one simple way to love them well this week. Consistency compounds.

WHEN SOMETHING HURT

“I know your heart was not to hurt me. But when you said _____, it hurt.” Leave out *always* and *never* — they turn a moment into a verdict.

*The goal is not perfection.
The goal is progress, connection, and grace.*

Weekly, or every other week — regular conversations keep topics warm, not hot. Ours was Friday date night.



HOW TO HAVE A GRACE PLACE CONVERSATION

HOW A ROUND WORKS

One area, about twenty minutes. Steps 2–5 focus on **one of you at a time** — then switch and run it again.

1 SET THE ATMOSPHERE *before you begin*

- ☐ Check the three T's: timing, tone, temperature.
- ☐ Assume the best about each other.
- ☐ Remember: the goal is closeness, not winning.

Begin by saying: "I want this conversation to help us feel closer, not heavier."

2 APPRECIATE *start with gratitude*

THE ASKER SPEAKS FIRST

One thing I appreciate about you right now is...

One reason that means so much to me is...

Your gratitude does not have to relate to the area you are about to raise.

3 ASK *where support is needed*

"Is there an area where I could better support, serve, or love you right now?"

THIS WEEK

THE AREAS *the one answering chooses — first column is the five love languages*

Quality Time

Acts of Service

Words of Affirmation

Physical Touch

Receiving Gifts

Communication

Emotional Support

Spiritual Encouragement

Intimacy

Parenting

Home Responsibilities

Finances

Work & Life Rhythm

Health & Wellness

Phone Use & Presence

4 LISTEN *one question at a time; reflect back before you respond*

THE ASKER ASKS

- 1 What feels most important to you in this area right now?
- 2 What is something I am already doing that has been helpful?
- 3 What is one simple way I could support you better this week?

AFTER EACH ANSWER, SAY

- ◆ "What I hear you saying is..."
- ◆ "Did I get that right?"
- ◆ "Thank you for sharing that with me."

5 ACT *one small step*

This week, one simple way I will support you:

SPOUSE 1

SPOUSE 2

Consistency compounds. One small act, repeated, moves a marriage further than one big conversation.

NOW SWITCH The one who answered becomes the asker, and you start again at Step 2.

The urge to justify yourself is normal — let it pass and keep listening. You are not on trial.

