



# EXAMINE

SESSION 6

• TO WARM UP

☀️ **Light-hearted conversation starter:** What was the most epic “date fail” or funny mishap you had as a couple?

• EXAMINE

## Building grace-filled communication

This session focuses on examining and improving communication in your marriage by addressing blind spots with grace and understanding. You and your spouse will learn how to use the *Grace Place Tool* to create safe, grace-filled spaces for honest conversations. Think of this as inspecting the foundation of your marriage to ensure it’s solid and ready for growth — every healthy relationship needs regular examination, just like maintaining the structural integrity of a house.

We all know how frustrating it is when poor communication and unresolved misunderstandings slip into our marriage. They become unseen barriers that quietly chip away at our trust and closeness. Sometimes these blind spots go unnoticed until they start to take a real toll on how we connect. If we don’t address them, they can slowly weaken the foundation of our relationship. The stories and insights in this session will equip you to identify and use grace to address any areas of your marriage that need attention.

• SCRIPTURE TO SET THE TONE

*“But as you excel in everything — in faith, in speech, in knowledge, in all earnestness, and in our love for you — see that you excel in this act of grace also.”*

2 CORINTHIANS 8:7 (ESV)

**How can you excel in showing grace to one another?**

*“Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.”*

COLOSSIANS 4:6 (NIV)

**In what areas could grace transform your conversations and bring about healing?**

*“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’”*

2 CORINTHIANS 12:9 (NIV)

In what area can you allow God's grace to fill your weaknesses?

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*“But he gives more grace. Therefore it says, ‘God opposes the proud, but gives grace to the humble.’”*

JAMES 4:6 (ESV)

How can humility help you extend more grace to each other?

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#### • WATCH • EXAMINE — BUILDING GRACE-FILLED COMMUNICATION



Scan to watch this session's video  
[invest.wildfireleadership.com/s/6](https://invest.wildfireleadership.com/s/6)

This video offers real-life examples and testimonies to illustrate how grace-filled conversations can shift the dynamics in your marriage.

#### • KEY CONCEPTS AND PRINCIPLES

### The importance of examination

To **examine** is to inspect something in detail to determine its nature or condition. Intentional, proactive, regular examination in marriage helps create non-conflict settings for growth. It won't always be perfect, but it's always about growth.

**Regularly evaluate your communication.** Like inspecting the foundation of a home, taking time to assess your conversations helps you identify and repair any cracks before they spread.

**Grace transforms conversations.** Approaching each discussion with empathy and understanding can soften hearts and foster genuine connection. The *Grace Place Tool* is a guide for navigating tough topics with grace.

**Give grace.** One danger is assuming you know what the other person is thinking, or guessing an intent that wasn't stated. Give grace — because you and your spouse are on the same team.

**What areas in your marriage can you examine more intentionally?**

## TOOL · GRACE PLACE

The *Grace Place Tool* creates a safe, grace-filled space for honest conversation — one area at a time, one question at a time, so both of you feel heard and valued. Everything you need is on the two pages that follow. Work through them together: one spouse starts, then you switch.



# GRACE PLACE

*A Simple Conversation Rhythm for Couples*

*Recommended rhythm: weekly or every other week*

Grace Place is a simple, grace-filled tool that helps couples slow down, listen well, and grow closer. It creates a safe space to start with gratitude, ask thoughtful questions, and better understand each other's needs. The goal is not to win a conversation, but to **better love** the person God has entrusted to you.

### THE HEART OF GRACE PLACE

-  **SAFE** — We are here to understand, not attack, defend, or prove a point.
-  **SIMPLE** — One area at a time. One next step at a time.
-  **SUPPORTIVE** — We ask how to better love, serve, and support each other.
-  **GRACE-FILLED** — We lead with gratitude, humility, and hope.

### THE GRACE PLACE FLOW

-  **APPRECIATE** — Start with gratitude.
-  **ASK** — Use the word bank and ask: *'Is there an area where I can better support, serve, or love you right now?'*
-  **LISTEN** — Ask one question at a time. After each answer, reflect back what you heard.
-  **ACT** — Choose one simple way to love them well this week.

 Use the word bank on page 2 for ideas.  
\*Italicized areas are the 5 love languages.\*

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

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# HOW TO HAVE A GRACE PLACE CONVERSATION



*A simple rhythm for connection, understanding, and support.*

*Recommended rhythm: weekly or every other week*



## 1. SET THE ATMOSPHERE

- ✓ Choose a good time to talk.
- ✓ Use a gentle tone.
- ✓ Assume the best about each other.
- ✓ Remember: the goal is closeness, not winning.

*You can begin by saying:  
"I want this conversation to help us  
feel closer, not heavier."*



## 2. START WITH GRATITUDE

*Use the word bank below for ideas if helpful.  
\*Italicized areas are the 5 love languages.\**

Each spouse answers:



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

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

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## 3. ASK WHERE SUPPORT IS NEEDED

*"Looking at the word bank below,  
is there an area where I could  
better support, serve, or love  
you right now?"*

This week's area:

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## 4. OPEN THE CONVERSATION

*How to do this step: Ask Question 1 and pause. Your spouse answers.  
Reflect back what you heard. Then move to Question 2, and repeat.*

*The asking spouse asks one question at a time:*

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

*After each answer, the listening spouse responds:*

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

*Then switch roles and repeat the same process.*

## AREAS YOU CAN CHOOSE FROM

*\*Italicized items are the 5 love languages.\**

- |                         |                       |
|-------------------------|-----------------------|
| Quality Time            | Home Responsibilities |
| Acts of Service         | Work & Life Rhythm    |
| Words of Affirmation    | Finances              |
| <i>Physical Touch</i>   | Health & Wellness     |
| Receiving Gifts         | Parenting             |
| Communication           | Intimacy              |
| Emotional Support       | Phone Use & Presence  |
| Spiritual Encouragement |                       |



## 5. TAKE ONE SMALL STEP

**Spouse 1:**

This week, one simple way I will support you is:

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**Spouse 2:**

This week, one simple way I will support you is:

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## KEYS TO REMEMBER



One area at a time.



Ask one question at a time.



Listen to understand.



Progress over perfection.



Tone carries the message.



Grace is the goal.



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Download or print the Grace Place tool

[invest.wildfireleadership.com/t/grace-place](https://invest.wildfireleadership.com/t/grace-place)

## YOUR GRACE PLACE CONVERSATION

Use the space below to actually walk through it together — one spouse goes first, then switch. Choose your area from the word bank on the tool above (italicised areas are the five ways people most often feel loved).

**Start with gratitude.**

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

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

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Choose one area.

This week's area

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**Open the conversation** — ask one question, pause, then reflect back what you heard before moving on.

1. What feels most important to you in this area right now?

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2. What am I already doing that has been helpful?

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3. What is one simple way I could support you better this week?

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Take one small step.

SPOUSE 1 — THIS WEEK I WILL SUPPORT  
YOU BY:

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SPOUSE 2 — THIS WEEK I WILL SUPPORT  
YOU BY:

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## • WHEN WE'VE HURT EACH OTHER • A SIMPLE REPAIR

Grace Place keeps most conversations soft — but when we've caused real hurt, repair is its own skill, and apologizing well is one of the most loving things you can do. When you need to make something right, walk these four steps:

1. **I was wrong about...**
2. **I'm sorry for...** — name the impact, not just the action.
3. **Will you forgive me?**
4. **Here's what I'll do differently...**

### GO DEEPER — OPTIONAL

For couples who want to linger. Skip it if you'd rather keep things light.

1. By reflecting on your Mission Portrait, you'll identify areas for growth, individually and as a couple. How can humility help you extend more grace to each other?
2. How has your current communication style helped or hindered your relationship?
3. What are the most significant communication challenges or blind spots you face?

## • NEXT STEPS

1. **Improve communication.** Choose one communication area to focus on this week — pausing before responding, or expressing more appreciation for your spouse.
2. **Develop a habit.** Pray together for grace and wisdom in your conversations. Reflect on your progress during your weekly check-ins, and make Grace Place your **weekly pivot** in the 1-1-1 Rhythm.
3. **Celebrate successes.** Celebrate small victories — even just getting through a difficult conversation with newfound grace. Express gratitude for each step forward and recognize the positive shifts happening in your relationship.

## • A CLOSING THOUGHT

*By making grace-filled communication a regular practice, you'll fortify your marriage with a foundation built on love, understanding, and respect — transforming your dialogue and reconnecting more profoundly.*