**Marriage Counseling Goals and Focus Form[[1]](#footnote-1)**

* **Your Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Your Spouse’s Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What are the top 2 or 3 aspects **of your marriage** that you want help changing so that your **marriage** can be more Christ-honoring? What are the main reasons that you want to meet with a biblical counselor for marriage counseling?
2. What are the top 2 or 3 areas in **your**heart, actions, attitude, and way of relating to your spouse that **you**want help changing so that **you** can be more Christlike and your marriage can be more Christ-honoring?
3. What are the top 2 or 3 strengths that you see **in your spouse** that you want to affirm?
4. Let’s create an **Ephesians 3:14-21 vision** for your marriage (please read Ephesians 3:14-21).

a. Think ahead 3 months. As God does exceedingly, abundantly above all that you could ask or imagine in your heart and in your marriage, what **2 or 3 amazing changes are you envisioning, praying for, and hoping for**?

b. What **needs to happen** in **your heart** and in **your relationship** so that through Christ’s strength these amazing changes start occurring?

1. What else do you want us to know, think about, or focus on in our times together?

1. From: Bob Kellemen, [*Gospel-Centered Marriage Counseling*](https://rpmministries.org/writing/gospel-centered-marriage-counseling/). [↑](#footnote-ref-1)