

The Seven Deadly Sins in Your Marriage

Part 1: Self Reflection Questions

This episode walks through the seven deadly sins as patterns of disconnection in marriage, using Elizabeth Oldfield's work. Every sin has a movement back toward connection. These questions are here to help you notice which of the seven is most present in your marriage right now, and what returning to connection might actually look like for you. There are no right answers. Just honest ones.

1. Which of the seven sins did you flinch at most as you listened? What is that flinch pointing to in your marriage?

2. Where in your marriage do you find yourself standing against your spouse instead of standing with them? What triggers that shift?

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3. Is there a story you have been telling yourself about your spouse ("they'll never be satisfied," "nothing I do is enough," "they wish they were with someone else") that might be more story than fact?

4. Which of the virtues' shadows do you fall into most easily? Prideful giving that keeps score? Self-abandoning generosity? Peace-keeping instead of peacemaking? Belovedness that has become an excuse to not grow?

5. If you imagined yourself as fully alive in your marriage, what would that actually look like on an ordinary Tuesday?

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Part 2: Couple Discussion Questions

Work through these together. Some in one sitting, some spread across the week. The goal is not to solve anything. The goal is to talk about what usually goes unsaid.

1. Take a minute individually and name which of the seven felt most present in your marriage. Then share what each of you noticed.

2. Where do we drift into being against each other instead of with each other? What are the early warning signs we could learn to notice sooner?

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3. Do we keep score in our marriage? Around what? What would it look like to stop?

4. What does generous look like from where you sit? What is one specific thing I could do this week that would land as generous to you?

5. When was the last time you felt fully seen, or fully wanted, or fully attended to by me? What was that moment?