

Worksheet

INTIMACY IGNITER | THE 20 QUESTIONS OF QUARANTINE

1. What is this season of uncertainty and quarantine teaching you?
2. What is your greatest fear during this time?
3. What change to your routine and rhythm is most challenging to you?
4. What brings you the most refreshment during this time?
5. Do you feel we are being careful enough as a family? Why? Or Why not?
6. How can we keep our physical intimacy regular and enjoyable during this time of quarantine?
7. How is our communication in marriage? What is going well? How can it be improved?
8. How are we working well together as a couple during this time? How can we work better together?
9. Look at the emotions below and share if you are experiencing the emotion and, if so, how?
 - a. Sadness
 - b. Fear
 - c. Isolation
 - d. Confusion
 - e. Excitement
 - f. Enjoyment
 - g. Worry
10. How do you feel our marriage is doing during this time?
11. What are we doing well?
12. How do you feel we can improve in our enjoyment and connection?



13. Who has the Lord laid on your heart to encourage and serve during this time? How do you feel led to encourage and serve these people?

14. Have you allowed any bad habits to emerge during this time?

15. Are there any good habits that you'd like to institute in your routine?

- a. Exercise (aerobic and anaerobic).
- b. Sabbath.
- c. Quiet time.
- d. Prayer.
- e. Reading Scripture.
- f. Daily diet.

16. Are there any shows you'd like to watch together?

17. What have you enjoyed least about this time of quarantine?

18. Are there any aspects to quarantine that you have enjoyed? If so, what are they?

19. How do you think our nation will be changed when we are on the other side of this crisis?

20. How do you think the church will be different when we are on the other side of this crisis?