



Lessons from 30 Years of Marriage: Fighting Fairly and Growing Together

with Chris and Karla Hines

1. **6:16**—How often do you and your spouse take time to “disconnect from the world,” as Chris puts it, and have a deep discussion about your marriage and your faith? Is that something you’ve been wanting to do more often but aren’t sure how to ask for it? Or is it something you think you’d dread doing, and if so, why?
2. **15:13**—If there was one question you wish you could’ve asked before you got married, what would it be? Did you end up finding the answer later on in your marriage? If so, did you have to find it out “the hard way”?
3. **23:14**—How unselfish would you say you are as a marriage partner? In what areas of your marriage are you the most giving and flexible? In what areas are you the most rigid and unwilling to give or compromise—living for yourself rather than for your spouse, or for God? Why do you think that is?
4. **25:55**—When you and your spouse fight, are you fighting to resolve an issue constructively and make things better, or are you “fighting to win,” to prove yourself superior and make your spouse feel lesser? How do you think your spouse would answer that question?

5. 29:41—In arguments with your spouse, what are you more likely to do: articulate your true and honest feelings, or put up a front to intimidate, or appear unmoved by, your spouse?
6. 32:32—What do you remember about the way your own parents argued—how often they fought, whether they raised their voices, whether they hurled personal insults, how those fights ended, etc.? Do you see any of that mirrored in the way you and your spouse fight—and do you see any unhealthy patterns you'd like to break free of?
7. 41:38—According to Karla, in times of conflict, women want to feel heard and seen, while men want honor and respect. Do you think that's an accurate portrayal of you and your spouse? Do you listen to your spouse and hear out her true concerns, and does she make you feel respected? What are some ways in which you could both do better?