

THE BUILT FOR COVENANT

MARRIAGE HEALTH ASSESSMENT

*A 30-Minute Couple Self-Assessment in Six Dimensions  
Complete individually. Compare honestly. Begin the conversation.*

*Christian marriage is a lifelong covenant between one man and one woman, instituted by God, witnessed before the Church, and sealed in the love of Christ for His Bride.  
— Built for Covenant*

**WELCOME**

This assessment was designed for two purposes: to give you an honest picture of where your marriage is right now, and to start conversations you may have been avoiding. There are no trick questions and no perfect scores. Every couple has areas of strength and areas of genuine need — the couple who completes this honestly has already taken a more courageous step than most. Complete your assessment independently and in complete privacy. Do not show your partner your responses until you have both finished. Then sit together — without defensiveness, without blame — and compare. The gaps between your scores are not indictments. They are invitations. This assessment covers six dimensions of a healthy covenant marriage. Each dimension has five statements. Rate each statement honestly on a scale of 1 to 5. At the end of each section, total your score out of 25.

① RARELY
② SOMETIMES
③ OFTEN
④ USUALLY
⑤ ALWAYS

**SECTION 1 — COVENANT FOUNDATION**  
*Do we understand and live our marriage as a covenant — not a contract?*

STATEMENT	RARELY → ALWAYS				
	1	2	3	4	5
I understand the difference between a covenant and a contract, and I approach our marriage accordingly.	①	②	③	④	⑤
I see God as an active third party in our marriage — not merely a spiritual concept, but a real presence we answer to.	①	②	③	④	⑤
My commitment to this marriage does not depend on how I am feeling on any given day.	①	②	③	④	⑤
I treat my marriage vows as binding and sacred — not aspirational or conditional.	①	②	③	④	⑤
We regularly acknowledge God's role in our marriage through prayer, Scripture, and shared worship.	①	②	③	④	⑤

**SECTION 1 SCORE: \_\_\_ / 25**

**SECTION 2 — COMMUNICATION**

*Can we speak honestly, listen deeply, and be truly heard by each other?*

STATEMENT	RARELY → ALWAYS				
	1	2	3	4	5
I feel safe enough to share what I am genuinely feeling with my partner — including things that are painful or uncomfortable.	①	②	③	④	⑤
When my partner speaks, I listen to understand — not simply to wait for my turn to respond.	①	②	③	④	⑤
We address grievances and misunderstandings directly and privately — not through silence, third parties, or social media.	①	②	③	④	⑤
I do not use my knowledge of my partner's wounds, insecurities, or history as a weapon in conflict.	①	②	③	④	⑤
After a disagreement, we are able to return to genuine warmth and connection — not merely a surface-level ceasefire.	①	②	③	④	⑤

**SECTION 2 SCORE: \_\_\_ / 25**

**SECTION 3 — INTIMACY — EMOTIONAL, SPIRITUAL AND PHYSICAL**

*Are all three dimensions of intimacy alive and growing in our marriage?*

STATEMENT	RARELY → ALWAYS				
	1	2	3	4	5
I feel genuinely known by my partner — not just loved, but truly seen and understood.	①	②	③	④	⑤
We pray together regularly — not only at mealtimes, but in the intimacy of shared vulnerability before God.	①	②	③	④	⑤
Our physical relationship is a source of mutual joy, honour, and connection — not obligation, guilt, or neglect.	①	②	③	④	⑤
I am emotionally present in our marriage — not merely physically present while mentally or emotionally elsewhere.	①	②	③	④	⑤
We protect our intimacy deliberately — guarding time together against the pressure of work, family, and ministry.	①	②	③	④	⑤

**SECTION 3 SCORE: \_\_\_ / 25**

**SECTION 4 — FINANCES AND STEWARDSHIP**

*Are we managing God's resources with honesty, alignment, and faithfulness?*

STATEMENT	RARELY → ALWAYS				
	1	2	3	4	5

## THE BUILT FOR COVENANT MARRIAGE HEALTH ASSESSMENT

There are no significant financial secrets between us — no hidden accounts, debts, or spending patterns the other does not know about.	① ② ③ ④ ⑤
We make major financial decisions together — neither partner unilaterally controls or withholds financial information.	① ② ③ ④ ⑤
We honour God as the source of our income through our giving — and our giving reflects genuine faith, not fear or obligation.	① ② ③ ④ ⑤
We have a shared financial plan — a budget, savings goals, and a shared understanding of our financial direction.	① ② ③ ④ ⑤
Financial pressure, when it comes, draws us together rather than driving us apart.	① ② ③ ④ ⑤

**SECTION 4 SCORE: \_\_\_ / 25**

### SECTION 5 — EXTENDED FAMILY AND BOUNDARIES

*Have we truly left, cleaved, and established our household as its own covenant unit?*

STATEMENT	RARELY → ALWAYS				
	1	2	3	4	5
Our primary loyalty is to each other — above parents, siblings, and extended family, on both sides.	①	②	③	④	⑤
Extended family members — on either side — do not make decisions for our household or override agreements we have made together.	①	②	③	④	⑤
We honour both sets of parents and in-laws with genuine love and respect — without allowing that honour to become unhealthy control.	①	②	③	④	⑤
We have had honest, direct conversations about extended family expectations — including bride price, financial obligations, visits, and Omugwo — and we are aligned.	①	②	③	④	⑤
When extended family creates tension in our marriage, we address it together as a united front — not separately or in opposition.	①	②	③	④	⑤

**SECTION 5 SCORE: \_\_\_ / 25**

### SECTION 6 — CONFLICT AND FORGIVENESS

*Do we navigate our wounds with the honesty and grace that covenant requires?*

STATEMENT	RARELY → ALWAYS				
	1	2	3	4	5
When conflict arises, I address it directly with my partner — not through silence, withdrawal, or involving others first.	①	②	③	④	⑤
I am able to say 'I was wrong' and 'I am sorry' without it costing me more than I am willing to give.	①	②	③	④	⑤
When I have forgiven a wound, I do not retrieve it in a future argument — the account is genuinely closed.	①	②	③	④	⑤

**THE BUILT FOR COVENANT MARRIAGE HEALTH ASSESSMENT**

There are no unresolved wounds between us that have been accumulating silently for months or years.	① ② ③ ④ ⑤
Our marriage is not sustained by a cold peace — we experience genuine reconciliation after conflict, not merely a return to surface normality.	① ② ③ ④ ⑤

**SECTION 6 SCORE: \_\_\_ / 25**

**YOUR RESULTS — SCORING AND INTERPRETATION**

<p><b>HIS TOTAL SCORE</b></p> <p>Section 1: ___ / 25    Section 2: ___ / 25                  Section 3: ___ / 25    Section 4: ___ / 25                  Section 5: ___ / 25    Section 6: ___ / 25</p> <hr/> <p><b>MY TOTAL SCORE: ___ / 150</b></p>	<p><b>HER TOTAL SCORE</b></p> <p>Section 1: ___ / 25    Section 2: ___ / 25                  Section 3: ___ / 25    Section 4: ___ / 25                  Section 5: ___ / 25    Section 6: ___ / 25</p> <hr/> <p><b>MY TOTAL SCORE: ___ / 150</b></p>
---	---

SCORE	ZONE	WHAT YOUR SCORE MEANS
<b>120–150</b>	<b>Covenant Strength</b>	Your marriage has genuine foundations that are actively working. You are not without needs or growth areas — but the core structures of your covenant are healthy. Built for Covenant will deepen and refine what God has already been building.
<b>90–119</b>	<b>Covenant Growth</b>	There is real strength in your marriage — and there are also areas where the foundations need deliberate attention. You are not in crisis, but you are not yet building at full covenant strength. Built for Covenant was written precisely for couples in this zone.
<b>60–89</b>	<b>Covenant Strain</b>	Your marriage is carrying weight that it was not designed to carry alone. Some of the foundations are under genuine stress. This is not a verdict on your marriage — it is a signal that specific, structured investment is needed. Built for Covenant will give you the tools and the conversations you have been missing.
<b>Below 60</b>	<b>Covenant Crisis</b>	Your honesty in completing this assessment is itself an act of courage. There are significant wounds and patterns in your marriage that need more than a curriculum alone — pastoral support and possibly professional Christian counselling should accompany your use of Built for Covenant. Please do not walk this road alone.

**SECTION — — THE CONVERSATION GUIDE**  
*Use these questions after comparing your scores — together, without blame, with genuine curiosity*

1. Which section has your highest score — and does your partner agree that this is a genuine strength?
2. Which section has your lowest score — and does that surprise you, or has it been on your mind for some time?

## THE BUILT FOR COVENANT MARRIAGE HEALTH ASSESSMENT

3. Where is the largest gap between your two individual scores in the same section? What does that gap tell you about how differently you are experiencing your marriage?
4. Which one statement in the entire assessment was the most uncomfortable for you to answer honestly — and why?
5. If you could change one thing about your marriage in the next 90 days — just one — what would it be?

### A WORD BEFORE YOU COMPARE:

Before you share your scores with each other, agree on two ground rules. First: no interrupting — let each person speak their full response before the other responds. Second: no defending — the goal of this conversation is understanding, not winning. Your partner's score is their honest perception of the marriage they are living. It may differ from yours. That difference is not a lie. It is a window. If the conversation becomes heated — pause. Agree on a time to return to it. And return.

## WHAT COMES NEXT

This assessment is the beginning of a conversation, not the end of one. Built for Covenant is a 12-session premarital and marriage enrichment curriculum designed to go deep into every dimension you have just assessed — and further. It was written specifically for Nigerian Christian couples, addressing the cultural, spiritual, and relational realities that shape your marriage in ways that no imported Western curriculum was designed to reach.

### The curriculum covers:

- The full theology of Christian marriage — covenant, not contract
- Communication tools rooted in Ephesians 4 and Colossians 3
- The three dimensions of intimacy — emotional, spiritual, and physical
- Faith and spiritual leadership — building the family altar
- A biblical theology of finances — firstfruits, grace giving, and financial planning
- Extended family, in-laws, bride price, Omugwo, and the Japa reality
- Parenting, generational legacy, and third-culture children
- Conflict, crisis, and covenant restoration — including the six-step forgiveness process
- Building a marriage that glorifies God — legacy, mission, and covenant renewed

Each session includes a full teaching component and an Integrated Couple Workbook — with individual reflection, couple dialogue, Scripture study, prayer space, and a tear-out covenant card.

**Get the full curriculum at:  
[builtforcovenantng.com](http://builtforcovenantng.com)**

*"What God has joined together, let no one separate." — Matthew 19:6*

*This resource is free. Share it freely with every couple who needs it.*

© Built for Covenant | St Andrews Anglican Church, Ogudu | Church of Nigeria (Anglican Communion)