

## Pillow Talk Prompts Printable

**60 Questions & Prompts to Spark Connection, Conversation & Rest in Your Marriage** *Keep this in your nightstand or couple's journal to enjoy deep, cozy conversations before bed.*

### Just-for-Fun Questions (Lighthearted & Playful)

1. If we could wake up anywhere tomorrow, where would it be?
2. What's your go-to comfort food after a long day?
3. What TV show or movie do you secretly love?
4. If we were characters in a movie, what kind would it be?
5. What's the weirdest dream you've ever had?
6. Which of us is more likely to survive a zombie apocalypse? Why?
7. What's your idea of a perfect lazy day together?
8. What nickname would you give me based on today?
9. What song reminds you of me every time you hear it?
10. If we could time travel together, what year would we go to?
11. What's your favorite thing I do that always makes you laugh?
12. What would be your dream vacation itinerary with just the two of us?
13. What's your favorite late-night snack?
14. If we won a surprise vacation tomorrow, what would we pack first?
15. Who is more likely to cry at a commercial?
16. What childhood toy did you love the most?
17. If you had a personal chef for a day, what would you ask for?
18. What app do you use most on your phone?
19. If we wrote a book together, what would the title be?
20. What silly thing do you do that I secretly love?

### Bonding & Intimacy Builders (Emotional & Spiritual Connection)

1. What do I do that makes you feel truly seen?
2. What's one thing I did recently that made you feel loved?
3. What is your favorite memory of our time together?
4. When do you feel closest to me?

5. What prayer do you wish I would pray over you tonight?
6. What does "intimacy" look like to you beyond physical?
7. How can I be a better listener for you?
8. What fear do you struggle with that you rarely talk about?
9. What would a weekend of intentional connection look like?
10. What part of your day do you wish I could experience with you?
11. How can we grow spiritually together this month?
12. What does a Christ-centered home look like to you?
13. What's a challenge we've overcome that makes you proud of us?
14. What area of our marriage could use a reset?
15. What does forgiveness look like between us?
16. What do you admire about how we handle disagreements?
17. How can we serve others together more?
18. What prayer has God answered in our relationship?
19. What's something about you I may not fully understand yet?
20. What words from me bring you the most peace?

 **Journal Reflection Prompts (Personal & Prayerful)**

1. What made me smile today?
2. How did I show love today—and how could I do better?
3. What Scripture spoke to my heart this week?
4. In what ways am I growing as a spouse?
5. What's one small change I can make to bring more peace into our home?
6. What am I grateful for about my spouse today?
7. What areas of our relationship need more grace?
8. What prayers have I seen God answer recently?
9. What does rest look like for me this season?
10. How can I better support my spouse emotionally?
11. What am I believing God for in our future?
12. What is God showing me through our relationship?

13. What clutter (physical or emotional) do I need to clear out?
14. How do I want to grow spiritually in the next 3 months?
15. What areas of my heart need healing?
16. Where have I seen growth in our communication?
17. How can I cultivate more joy in our day-to-day life?
18. What are 3 things I love most about my spouse?
19. How can I slow down and enjoy home more?
20. What does "home" feel like in this season—and how can I protect it?

**\*\*Print this sheet, cut each section into strips, or tuck the whole page into your planner or nightstand. Whether you're having coffee together or winding down at night, let these prompts draw**