

# Are You Soul-Mates or Divided Spirits?

By Susan Vogt, MA, CFLE

Couples don't have to belong to the same religion to be compatible spiritually – but it helps. Even those who do profess the same faith may have different degrees of commitment. Knowing what your deepest beliefs are and how your spouse is similar or different, however, is the start of becoming soul-mates.

Circle the answer that best fits you. Then star the answer you think fits your spouse (boy/girlfriend, fiancé/fiancée). Have your spouse do the same. See how well you know each other and where potential tension resides.

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1. I believe in God.	Yes	No	Unsure
2. I believe that Jesus Christ is God.	Yes	No	Unsure
3. I don't believe in a specific God but embrace a spiritual dimension of life.	Yes	No	Unsure
4. I was raised in a religious home.	Yes	No	Unsure
5. Organized religion is important to me.	Yes	No	Unsure
6. I think it is important to follow as many practices of my faith as is humanly possible.	Yes	No	Unsure
7. I think it is more important to follow the spirit of the law than its details.	Yes	No	Unsure
8. I believe in miracles, grace, and a loving God.	Yes	No	Unsure
9. I believe that there is sin and evil in the world and that God will punish transgressors.	Yes	No	Unsure
10. I believe in an afterlife.	Yes	No	Unsure
11. I find support and solace in prayer.	Yes	No	Unsure
12. Good music at religious services is important to me.	Yes	No	Unsure
13. Inspirational preaching is important to me.	Yes	No	Unsure
14. Going to religious services is a sign of neediness and a weak mind.	Yes	No	Unsure
15. I see God in nature and the goodness of other people.	Yes	No	Unsure
16. I'm turned off by the hypocrisy of some institutionalized religions.	Yes	No	Unsure
17. I believe that working for a more just and caring society is an essential part of religion.	Yes	No	Unsure

18. I believe that working for a more just and caring society is a worthy substitute for religion.	Yes	No	Unsure
19. The "Golden Rule" is all one needs.	Yes	No	Unsure
20. I wish my spouse was more (or less) religious.	Yes	No	Unsure
21. My spouse and I regularly go to religious services together.	Yes	No	Unsure
22. My spouse and I pray at home together.	Yes	No	Unsure

Bonus questions:

The best way to spend Sunday morning is \_\_\_\_\_

If my spouse and I have a difference of opinion about religion, it would be \_\_\_\_\_

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## SCORING:

Total the number of questions on which both of you agree. If you agree on:

11-22 questions — You're of similar religious thinking and perhaps in the same pew.

6-10 questions — You may be avoiding religious issues or are in conflict over basic beliefs. You have a lot of discussion ahead of you.

0-5 questions — Religion may not be very important to you, but if it is, consider attending a marriage retreat together or talking with a pastoral counselor.

(Susan Vogt is a freelance speaker, author, and relationship coach in the areas of marriage, parenting, and spirituality.)