

MORE THAN ROOMMATES · EPISODE GUIDE

AI & Your *Marriage*

A listener's guide to navigating artificial intelligence as a couple — the dangers, the opportunities, and the biblical framework for thinking it through.

Featuring guest **Dale Wallace** · Co-founder, Ask LYTE
Hosts: **Derek & Gabrielle** · A Harris Creek Podcast

What We Covered

Dale Wallace — former Harris Creek college pastor and co-founder of Ask LYTE (Christian AI) — joined Derek and Gabrielle to talk about something every couple needs to be thinking about: how artificial intelligence is already shaping marriages, and how believers can engage it wisely.

THE BASICS

What Is AI, Actually?

Dale used a simple "cake" analogy to break it down:

THE INGREDIENTS (DATA)

Massive amounts of text scraped from the internet — books, websites, conversations. This is what the AI "learned" from.

THE MIXING (ALGORITHM)

Pattern recognition. The algorithm identifies what words and ideas tend to follow others, simulating intelligence.

THE CAKE (THE MODEL)

The final product — ChatGPT, Gemini, Claude. What most people interact with day-to-day.

BEYOND THE CHATBOT

AI can also *build* things — software, apps, tools — not just answer questions. That's the bigger opportunity.

Why Does This Matter for My Marriage?

The conversation covered both real dangers and real opportunities. Here's the honest breakdown:

DANGERS TO WATCH

- AI companionship as a replacement for emotional intimacy
- Apps like Replika — 30M users building fake "relationships"
- Called by some "the new pornography" — fake, one-sided intimacy
- ChatGPT erotica features rolling out
- Deep fakes — 95% of deep fake videos are pornographic
- 20–40% of AI image generation is inappropriate
- Replacing your community, pastor, or spouse as your first go-to

REAL OPPORTUNITIES

- Date night prep — use AI to generate conversation starters
- A "thought partner" for intentionality, not a replacement for connection
- Build and share marriage resources easier than ever
- Efficiency gains — use the time saved for your family
- Sharing wisdom with others (PDFs, devotionals, challenges)
- 40-day marriage challenges built from your own content

What Does Scripture Say?

AI wasn't around when Jesus walked the earth — but God's Word speaks directly to how we should think about it.

TOWER OF BABEL · GENESIS 11

"We're building this thing for ourselves, to make a name for ourselves... and I don't think the bricks were the problem. It's the heart of man that was building it." — Dale

PARABLE OF TALENTS · MATTHEW 25

AI as stewardship. We've been given remarkable tools — five talents. The question isn't whether to use them, but how. Efficiency gains used for your family and the kingdom, not just more work.

ROMANS 12:1-2

"Do not be conformed to the patterns of this world." The pattern right now is: any question you have, go to ChatGPT first. That's worth examining.

PHILIPPIANS 4:8

"Whatever is pure, whatever is true, whatever is lovely, focus on such things." Is AI pointing you toward heavenly things — or earthly things?

HEBREWS 10:24-25

"Let us consider how to stir one another up to love and good works, not neglecting meeting together." As the digital world gets louder and less real, the local church and in-person community matter more, not less.

MATTHEW 10:16

"Be wise as serpents, innocent as doves." This is a stewardship moment. If God has given you wisdom and tools, now it's easier than ever to share that with others.

On Slowness & the Limits of AI

Two quotes from the episode that stopped the conversation in its tracks.



AI is frictionless. It's fast. But so much of the Christian life is slow — solitude, silence, prayer, reading through the Scriptures day after day. No tool will ever be able to replicate God.

— Dale Wallace, Co-founder of LYTE



Sometimes God doesn't answer. And even if you could program it to say 'wait' — that's saying something. Because in reality, sometimes God is silent. And that silence is part of the journey.

— Andy Crouch (shared by Dale)

Guardrails for Couples

Before reaching for AI, ask yourself: *Is this a question for ChatGPT, or for my spouse, my pastor, my life group, or my doctor?*

SHARE ACCOUNTS WITH YOUR SPOUSE

Scripture talks about an abundance of counselors — AI is a single, unaccountable counselor. Keeping access transparent is wisdom, not suspicion.

USE EFFICIENCY FOR YOUR FAMILY, NOT JUST WORK

If AI gives you five hours back at work, the question is: where do those hours go? Redirect time toward your marriage, your kids, your church.

APPLY THE SAME RULES AS YOUR PHONE

Time limits. No-phone zones. Shared awareness. The guardrails for your phone apply just as much — probably more — to AI tools.

IF YOU FEEL CURIOUS ABOUT THE DARK STUFF — THAT'S A SIGNAL

Dale put it directly: if you hear what AI can do with inappropriate content and you feel curious, that's the tool revealing something. Bring it to your community and your spouse before it becomes a problem.

DON'T LET AI REPLACE YOUR REAL-WORLD COMMUNITY

The more the digital world blurs what's real, the more valuable in-person community becomes. Your church, your life group, your marriage — what's real is what God has given you in this moment.

DISCUSSION QUESTIONS

For You & Your Spouse

Great for a date night, a life group discussion, or just a conversation this week.

- 01 How are each of us currently using AI? Have we ever talked about it together?
- 02 When something is hard, who do we go to first — our community, each other, or ChatGPT?
- 03 Are there any ways AI might already be replacing emotional intimacy in our marriage?
- 04 What guardrails do we want to put in place — individually and as a couple?
- 05 Where has AI created efficiency in our lives? Are we using those gains for our family and kingdom work?
- 06 Is AI pointing us toward things that are pure, true, and lovely — or away from them?
- 07 What wisdom has God given us that we could share with others more easily than ever before?

About Ask LYTE

Dale Wallace and his co-founder are building **LYTE** — a Christian AI designed to point people toward God, community, and Scripture rather than replacing those things. Built from a conviction that people deserve to experience the benefits of AI without its most dangerous edges. Visit www.asklyte.ai

THANKS FOR LISTENING

More Than *Roommates*

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Questions or topic suggestions

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Learn more about Ask LYTE

www.asklyte.ai