M S S N L

PREMIUM FIELD GUIDE

Jesus & Marriage
Field Guide

A guided fieldbook for covenant, courage, and becoming one under Christ.

Ryan D. Eldridge

Lead with compassion. End with vision. Keep returning to Jesus.

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Jesus & Marriage Field Guide

Jesus & Marriage Field Guide
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This field guide is written for marriage formation, discipleship, and encouragement. It is intended to help husbands and wives return to Jesus, receive the truth of Scripture, name what is true, and take one faithful step at a time.

Scripture references are provided for study, reflection, and application. Unless otherwise noted, references follow the English Standard Version (ESV). Readers are encouraged to study the Word of God prayerfully and in community, seeking wise pastoral, counseling, medical, legal, or professional care where needed.

This guide does not replace Scripture, local church community, pastoral care, professional counseling, medical care, legal advice, emergency support, or personal responsibility before God.

SAFETY AND WISDOM

This guide must not be used to pressure a spouse to remain in danger, ignore abuse, excuse coercion, cover addiction, rush forgiveness, or avoid appropriate care. Where there is violence, intimidation, threats, coercion, serious betrayal, addiction, or other harm, seek safe and appropriate pastoral, professional, legal, and emergency support.

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FORMATION FOUNDATION

How This Field Guide Works

Jesus & Marriage is the book. This Field Guide helps you work its message into daily life. Each Guided Practice connects to one chapter in the book. You can read the matching chapter first, use the Field Guide on its own, or work through it with your spouse, a trusted couple, a mentor, a pastor, or a church community.

Use It This Way	What To Do
Read and Apply	Read the matching book chapter first. Then use the Guided Practice to reflect, respond, and take one faithful step.
Use It on Your Own	Use the guide to name what Jesus is showing you before bringing it into a healthy conversation.
Walk Through It Together	Use the couple conversation page to listen, pray, and choose one response together.
Invite Wise Support	Use a trusted pastor, counselor, mentor, or couple when support, safety, or outside wisdom would help.

WORD • WONDER • WALK

The MSSNL Rhythm

Movement	What It Means
Word	Receive the truth of Scripture. Ask what it reveals about Jesus, people, and a life under Christ.
Wonder	Slow down and reflect honestly. Notice where truth meets your story, identity, fear, hope, relationship, and choices.
Walk	Choose one faithful response. Keep it clear and practical. Invite your spouse or a trusted person to pray, encourage, or follow up.

Move through the guide this way: Read Scripture slowly. Check what is true. Write only what helps you name the present season. Pray. Talk with your spouse or a trusted person. Take one faithful step.

You do not need perfect answers. You need an honest beginning.

FORMATION PATHWAY

The Jesus & Marriage Pathway

Movement	Guided Practices	What It Forms
Build the Covenant	01 - 04	Covenant, love and respect, sacrificial love, and communication that makes room for truth.
Guard the Covenant	05 - 07	Wise boundaries, healthy accountability, and sustainable marriage rhythms.
Bring It Into the Light	08 - 09	Honesty about shame, offense, fear, anger, repair, and safe return.
Practice the Covenant	10 - 11	Support, trust, encouragement, and prayer in ordinary life.
Build What Lasts	12 + Thirty-Day Plan	Compassion for the present, vision for the future, and repeatable faithfulness.

Contents

	Guided Practice
01	Marriage Begins With Covenant
02	Love and Respect
03	The Love That Lays Itself Down
04	Learning to Hear One Another
05	Boundaries | How Not to Be BAD
06	Accountability | How Not to Be BAD
07	Discipline | How Not to Be BAD
08	Shame and Offense | Don’t Sleep on the SOFA
09	Fear and Anger | Don’t Sleep on the SOFA
10	Support and Trust | Be the Spouse Who Takes the First STEP
11	Encourage and Pray | Be the Spouse Who Takes the First STEP
12	Lead With Compassion. End With Vision.

COUPLE USE

A Covenant for Truthful Marriage Work

Create a place where both husband and wife can be known, prayed for, and invited toward faithful obedience under Christ. Read this page together before deeper conversation, reflection, or shared work.

Commitment	What It Looks Like
Presence	Phones away. Attention given. We remain engaged.
Mutual Honor	We do not use Scripture, tears, silence, strength, or vulnerability as leverage against one another.
Shared Voice	Both spouses have room to speak, listen, ask for time, and tell the truth with grace.
No Keeping Score	We do not collect failures or make the past a permanent weapon.
No Fixing Too Quickly	We listen to understand. We ask questions. We pray. We do not rush to diagnose or control.
Safety and Wisdom	We take danger, coercion, intimidation, threats, addiction, abuse, and serious harm seriously. We seek appropriate help.
Faithful Follow-Through	We name one next step and agree when we will return to it.

Questions That Help

☐ What feels most true right now?	☐ What are you carrying alone?
☐ What did you hear me say?	☐ What do you need from me in this place?
☐ What truth from Jesus do we need to receive?	☐ What would one faithful response look like?
☐ How can we pray before we leave this conversation?	

BEFORE YOU BEGIN

Baseline Assessment

Choose where to begin. Think about the last thirty days. Give each Guided Practice one overall score from 1 to 4 based on what is actually present in your marriage today. This is an honest starting picture, not a verdict.

HOW TO SCORE

1 = Needs Attention Now. This area feels hidden, inconsistent, avoided, or under pressure. 2 = Needs Support. You can see the issue, but you need clearer practice, conversation, or help. 3 = Growing. This area is becoming healthier and more consistent. 4 = Strong and Steady. This area is clear, supported, and visible in daily life.

Guided Practice	Score 1-4	What Stands Out Most
01 Marriage Begins With Covenant	1 2 3 4	_____
02 Love and Respect	1 2 3 4	_____
03 The Love That Lays Itself Down	1 2 3 4	_____
04 Learning to Hear One Another	1 2 3 4	_____
05 Boundaries | How Not to Be BAD	1 2 3 4	_____
06 Accountability | How Not to Be BAD	1 2 3 4	_____
07 Discipline | How Not to Be BAD	1 2 3 4	_____
08 Shame and Offense | Don't Sleep on the SOFA	1 2 3 4	_____
09 Fear and Anger | Don't Sleep on the SOFA	1 2 3 4	_____
10 Support and Trust | Be the Spouse Who Takes the First STEP	1 2 3 4	_____
11 Encourage and Pray | Be the Spouse Who Takes the First STEP	1 2 3 4	_____
12 Lead With Compassion. End With Vision.	1 2 3 4	_____

Overall baseline score: _____ / 48

BEFORE YOU BEGIN

Choose Your First Focus

You do not need to repair every area at once. Choose the place where Jesus is inviting your attention now. It may be the lowest score, the area creating the most pressure, the place you have been avoiding, or the place He keeps bringing to mind.

Score Range	What to Do
12 - 23	Needs focused care. Choose one area and bring wise support into the next step.
24 - 35	Building a healthier rhythm. Strengthen one practice and protect a steady follow-through rhythm.
36 - 48	Strong and steady foundation. Guard the habits that are working and remain open to honest feedback.

Choose Your First Focus

☐ I will begin with our lowest score.	☐ I will begin with the area creating the most pressure.
☐ I will begin with the place we have been avoiding.	☐ I will begin with the place Jesus keeps bringing to mind.

The Guided Practice we will begin with:

_____

One faithful response we will take this week:

_____

OPENING PRAYER

Jesus, show us what is true. Meet us with grace. Give us courage to take one honest step toward You and toward one another.

GUIDED PRACTICE 01 / BUILD THE COVENANT

Marriage Begins With Covenant

Name the promises, loyalties, and shared practices that help your marriage become one under Christ.

Book Connection

Chapter 1: Marriage Begins With Covenant

Primary Scripture

Genesis chapter 2, verse 24

Why This Practice Matters

Name the promises, loyalties, and shared practices that help your marriage become one under Christ.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on my own.
☐ We are working through this together as a couple.	☐ We are working with a trusted couple, pastor, mentor, or counselor.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 60 to 75 minutes. You do not need to solve your whole story today. Stay with what feels most important. Receive grace. Take the next faithful step.

THE AWAKENING

Marriage Begins With Covenant

Marriage is more than two people sharing a home or a future. It is a covenant before God. Becoming one is not completed on a wedding day. It is practiced through a husband and wife learning to protect unity, make decisions together, and return to Christ when pressure exposes distance.

WHAT TO CARRY FORWARD

You are not being asked to repair every part of your marriage today. Look for one place where unity needs attention, one truth to receive, and one faithful practice you can begin together.

What You Will Work Through

Movement	What It Helps You Notice
01 Covenant	Remember the promise you made before God and the shared life it created.
02 Leaving	Notice outside loyalties, voices, or pressures that can pull the marriage apart.
03 Holding Fast	Consider what faithful presence, truth, and pursuit look like in this season.
04 Becoming One	Choose one shared practice that strengthens unity this week.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: Genesis chapter 2, verse 24. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

☐ Marriage is a covenant before God.	☐ Oneness is formed through repeated faithfulness.
☐ Unity does not require sameness.	☐ Jesus remains the center of our marriage.

One phrase or truth we want to carry forward:

_____

_____

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A decision we need to make together.	☐ Pressure from family, work, or outside voices.
☐ A place where we have become separate.	☐ An expectation we have never spoken clearly.
☐ A desire to renew our covenant.	☐ A need for prayer about our future.

The one area we want to bring honestly before Jesus:

_____

_____

What do we believe about God, ourselves, or one another in this place?

_____

_____

What truth from Jesus do we need to receive?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
We see our marriage as a covenant before God, not only an arrangement between us.	1 2 3 4
We protect our unity when outside voices or pressures become strong.	1 2 3 4
We make important decisions with honest conversation and shared responsibility.	1 2 3 4
We have a simple practice that helps us return to one another and to Christ.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Unity may be under pressure or treated as assumed. Begin with one conversation about what your covenant needs now.	You value covenant, but a clearer rhythm may be needed to protect it through busy or difficult seasons.	Your covenant is visible in the way you make decisions and return to one another. Guard those practices with gratitude.

What to do next: Choose one area where you want to protect unity this week.

My next step:

_____

I may bring this to:

_____

PRACTICAL TOOL

Covenant Map

Name one area of shared life where your covenant is strong and one place where a clearer practice would help you become one.

HOW TO USE THIS TOOL
Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area of Shared Life	What Is Strong	Where Unity Needs Attention	One Faithful Practice
Time and attention			
Family and outside voices			
Money and decisions			
Prayer, faith, and shared direction			

FORMATION NOTE
A covenant is strengthened through ordinary faithfulness. Choose one practice you can return to, not a perfect plan.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to repair every part of your marriage today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A pressure point in our marriage.	☐ A belief, fear, or expectation that needs honesty.
☐ A repeated conflict pattern.	☐ A relationship or responsibility that needs attention.
☐ A hidden struggle or hard conversation.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ A conversation about our covenant.	☐ A decision we need to make together.
☐ A boundary around an outside pressure.	☐ A shared prayer or Scripture rhythm.
☐ A needed apology or repair conversation.	☐ A simple weekly marriage check-in.

3. Make It Simple Enough to Follow Through

Our first step:

_____

☐ We will begin today.	☐ We will begin within two days.
☐ We will begin this week.	☐ We will begin on this date: _____

The person who can help us:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, thank You for joining us in covenant. Help us protect our unity, tell the truth with grace, and keep becoming one under You.

WALK WITH YOUR SPOUSE

Bring This Into a Faithful Conversation

Use this page when you need to listen, pray, ask honest questions, or choose a next step together. The goal is not to solve every problem in one conversation. The goal is truth, grace, a faithful response, and a clear return point.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with us.
☐ A slower conversation.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something we have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the pressure, situation, habit, relationship, decision, or concern.
2. What are we believing or doing?	Name the fear, assumption, coping pattern, response, or place where trust is difficult.
3. What is Jesus inviting us to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ What part of our covenant feels strong right now?	☐ Where do we feel pressure, distance, or divided loyalty?
☐ What do we each need in order to feel more united this week?	☐ What one practice would help us return to Christ together?
☐ How can we pray before we leave this conversation?	

The one thing we will do next:

_____

The person who will follow up with us:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

GUIDED PRACTICE 02 / BUILD THE COVENANT

Love and Respect

Name the deeper longings beneath conflict and practice love, respect, significance, and security under Christ.

Book Connection	Chapter 2: Love and Respect
Primary Scripture	Ephesians chapter 5, verse 33
Why This Practice Matters	Name the deeper longings beneath conflict and practice love, respect, significance, and security under Christ.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on my own.
☐ We are working through this together as a couple.	☐ We are working with a trusted couple, pastor, mentor, or counselor.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 60 to 75 minutes. You do not need to solve your whole story today. Stay with what feels most important. Receive grace. Take the next faithful step.

THE AWAKENING

Love and Respect

Many marriage conflicts have more beneath them than the issue on the surface. A husband may be quietly asking whether he matters and whether his strength has a place. A wife may be quietly asking whether she is safe, seen, and able to trust the covenant. Both needs find their deepest source in Christ. Yet faithful love and honest respect create a home where both spouses can grow.

WHAT TO CARRY FORWARD

Do not use this practice to label your spouse or demand what you want. Use it to understand what may be happening beneath the pressure and to receive identity from Jesus before asking your spouse to carry what only He can provide.

What You Will Work Through

Movement	What It Helps You Notice
01 See the Longing	Notice the deeper question beneath a recent conflict or disappointment.
02 Receive Identity	Bring significance and security first to Christ.
03 Give What Builds	Practice love that creates safety and respect that strengthens what is good.
04 Speak Clearly	Name the need beneath the reaction without blame or control.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: Ephesians chapter 5, verse 33. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

☐ Jesus is the source of significance and security.	☐ Love should create safety, faithfulness, and presence.
☐ Respect strengthens what God is forming without ignoring truth.	☐ Both husband and wife belong first to Christ.

One phrase or truth we want to carry forward:

_____

_____

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A place where I feel unseen or dismissed.	☐ A place where I feel unsafe or alone.
☐ Fear of failing or not measuring up.	☐ A desire to feel chosen and secure.
☐ A conflict that may hold a deeper question.	☐ A need to speak more honestly and gently.

The one area we want to bring honestly before Jesus:

_____

_____

What do we believe about God, ourselves, or one another in this place?

_____

_____

What truth from Jesus do we need to receive?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
We can name deeper needs beneath at least some of our repeated conflicts.	1 2 3 4
We bring our deepest need for significance and security to Christ.	1 2 3 4
I use love and respect to build, not to control or demand.	1 2 3 4
We can speak about fear, pressure, and disappointment without contempt.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
A deeper longing may be hidden beneath conflict. Begin with one honest sentence about what you have been carrying.	You can see the patterns, but stress may still pull you into defense or pressure. Practice a slower conversation this week.	Love and respect are becoming visible practices in your home. Keep returning to Christ as the source of identity and security.

What to do next: Name one deeper question beneath a recent conflict, then choose a gentle way to speak it.

My next step:

_____

I may bring this to:

_____

PRACTICAL TOOL

Significance and Security Conversation Map

Use one recent moment. The goal is not to prove who was right. It is to name what was happening beneath the reaction and choose a more faithful response.

HOW TO USE THIS TOOL
Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Recent Moment	Deeper Question I Carried	What I Needed to Say	A Love or Respect Response
A moment I felt unseen, dismissed, or unsafe			
A decision or pressure point			
A conflict about time, money, or responsibilities			
A moment when we withdrew from one another			

FORMATION NOTE
Both spouses need to be seen, valued, loved, and secure. This tool helps you understand common patterns without turning them into rigid roles.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to repair every part of your marriage today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A pressure point in our marriage.	☐ A belief, fear, or expectation that needs honesty.
☐ A repeated conflict pattern.	☐ A relationship or responsibility that needs attention.
☐ A hidden struggle or hard conversation.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ Tell my spouse what I have been carrying beneath the conflict.	☐ Ask a better question before reacting.
☐ Speak one sincere word of love or respect.	☐ Bring a fear about significance or security to Jesus.
☐ Schedule a calm conversation about a recurring pattern.	☐ Ask for prayer or counsel where support would help.

3. Make It Simple Enough to Follow Through

Our first step:

_____

☐ We will begin today.	☐ We will begin within two days.
☐ We will begin this week.	☐ We will begin on this date: _____

The person who can help us:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, meet us in the questions we carry. Help us receive our identity from You and give one another love, respect, truth, and grace.

WALK WITH YOUR SPOUSE

Bring This Into a Faithful Conversation

Use this page when you need to listen, pray, ask honest questions, or choose a next step together. The goal is not to solve every problem in one conversation. The goal is truth, grace, a faithful response, and a clear return point.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with us.
☐ A slower conversation.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something we have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the pressure, situation, habit, relationship, decision, or concern.
2. What are we believing or doing?	Name the fear, assumption, coping pattern, response, or place where trust is difficult.
3. What is Jesus inviting us to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ What did you hear beneath my words?	☐ What did you need from me in that moment?
☐ What is one way I can help you feel more seen, safe, respected, or supported?	☐ How can we bring this deeper need to Christ together?
☐ How can we pray before we leave this conversation?	

The one thing we will do next:

_____

The person who will follow up with us:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

GUIDED PRACTICE 03 / BUILD THE COVENANT

The Love That Lays Itself Down

Move from keeping score to carrying burdens, and choose one practical way to love your spouse as Christ has loved you.

Book Connection	Chapter 3: The Love That Lays Itself Down
Primary Scripture	Philippians chapter 2, verses 3 through 8
Why This Practice Matters	Move from keeping score to carrying burdens, and choose one practical way to love your spouse as Christ has loved you.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on my own.
☐ We are working through this together as a couple.	☐ We are working with a trusted couple, pastor, mentor, or counselor.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 60 to 75 minutes. You do not need to solve your whole story today. Stay with what feels most important. Receive grace. Take the next faithful step.

THE AWAKENING

The Love That Lays Itself Down

Sacrificial love is not self-erasure, control, or enabling harmful behavior. It is the willing choice to seek the good of your spouse without making every moment about what you are owed. It becomes visible in ordinary places: listening, serving, apologizing, sharing a burden, giving attention, and laying down pride.

WHAT TO CARRY FORWARD
Look for one place where you have been keeping score, protecting yourself, or waiting for your spouse to move first. Ask Jesus to show you what faithful love requires now.

What You Will Work Through

Movement	What It Helps You Notice
01 Notice the Scorecard	Name the pressure, resentment, or expectation that has made love feel transactional.
02 Receive Christ's Pattern	See Jesus as the One who serves, tells the truth, and gives Himself in love.
03 Carry the Burden	Notice what your spouse is carrying and choose practical support.
04 Take Responsibility	Choose one humble action without requiring a matching response first.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: Philippians chapter 2, verses 3 through 8. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

☐ Jesus uses strength to serve.	☐ Humility opens the door to repair.
☐ Love looks to the interests of the other person.	☐ A sincere apology strengthens the covenant.

One phrase or truth we want to carry forward:

_____

_____

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A burden I have been carrying alone.	☐ A burden I have not noticed in my spouse.
☐ A place where I keep score.	☐ A conversation where pride has taken over.
☐ A practical need inside our home.	☐ A way I need to apologize or serve.

The one area we want to bring honestly before Jesus:

_____

_____

What do we believe about God, ourselves, or one another in this place?

_____

_____

What truth from Jesus do we need to receive?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I can recognize when selfishness or scorekeeping is shaping my response.	1 2 3 4
I make room to notice what my spouse is carrying.	1 2 3 4
I am willing to apologize and repair without protecting my pride.	1 2 3 4
We share responsibility in ways that reflect care, gratitude, and honesty.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Scorekeeping or resentment may be shaping the relationship. Begin by naming one burden and one small act of service.	You want to love sacrificially, but fatigue or pressure may still create a transactional pattern. Choose one shared burden to address.	Service, humility, and gratitude are visible in your marriage. Keep noticing and naming the faithful work of your spouse.

What to do next: Choose one act of service, one apology, or one burden you will carry differently this week.

My next step:

_____

I may bring this to:

_____

PRACTICAL TOOL

From Scorekeeping to Shared Burdens

Use this tool to move from general frustration to one clear act of covenant love. Write only what helps you name the next step.

HOW TO USE THIS TOOL
Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area of Pressure	What I Have Been Counting	What My Spouse May Be Carrying	One Sacrificial Response
Time and energy			
Work or home responsibilities			
Conflict or communication			
A season of disappointment or stress			

FORMATION NOTE
Sacrifice is not the denial of truth or safety. It is Christ-shaped love that seeks the good of the other person with wisdom and humility.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to repair every part of your marriage today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A pressure point in our marriage.	☐ A belief, fear, or expectation that needs honesty.
☐ A repeated conflict pattern.	☐ A relationship or responsibility that needs attention.
☐ A hidden struggle or hard conversation.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ Offer one specific act of help.	☐ Apologize without explanation or defense.
☐ Name gratitude for something my spouse carries.	☐ Ask what burden feels heavy right now.
☐ Make a shared decision about one pressure point.	☐ Pray together before a difficult conversation.

3. Make It Simple Enough to Follow Through

Our first step:

_____

☐ We will begin today.	☐ We will begin within two days.
☐ We will begin this week.	☐ We will begin on this date: _____

The person who can help us:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, teach us to love without keeping score. Give us humility to repent, courage to serve, and grace to carry one another well.

WALK WITH YOUR SPOUSE

Bring This Into a Faithful Conversation

Use this page when you need to listen, pray, ask honest questions, or choose a next step together. The goal is not to solve every problem in one conversation. The goal is truth, grace, a faithful response, and a clear return point.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with us.
☐ A slower conversation.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something we have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the pressure, situation, habit, relationship, decision, or concern.
2. What are we believing or doing?	Name the fear, assumption, coping pattern, response, or place where trust is difficult.
3. What is Jesus inviting us to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ Where do you feel most alone or overextended right now?	☐ What would help you feel supported this week?
☐ Where have we allowed scorekeeping to shape our tone?	☐ What is one humble action we can each take?
☐ How can we pray before we leave this conversation?	

The one thing we will do next:

_____

The person who will follow up with us:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

GUIDED PRACTICE 04 / BUILD THE COVENANT

Learning to Hear One Another

Practice listening beneath the words, speaking with grace, and returning to difficult conversations without abandoning one another.

Book Connection

Chapter 4: Learning to Hear One Another

Primary Scripture

James chapter 1, verse 19

Why This Practice Matters

Practice listening beneath the words, speaking with grace, and returning to difficult conversations without abandoning one another.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on my own.
☐ We are working through this together as a couple.	☐ We are working with a trusted couple, pastor, mentor, or counselor.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 60 to 75 minutes. You do not need to solve your whole story today. Stay with what feels most important. Receive grace. Take the next faithful step.

THE AWAKENING

Learning to Hear One Another

Marriage is built through thousands of conversations. Some are practical. Others carry deeper weight. A husband and wife can share a home and responsibilities while still feeling unknown if they stop hearing the heart beneath the words. Listening creates room for truth. It helps a couple move from defense to understanding.

WHAT TO CARRY FORWARD

You do not need to solve every conversation today. Practice one slower exchange. Ask a better question. Name what you heard. Return to a difficult subject with calm and care.

What You Will Work Through

Movement	What It Helps You Notice
01 Slow Down	Notice the pace, tone, and patterns that make it hard to listen.
02 Hear the Heart	Look beneath the words for fear, disappointment, pressure, or longing.
03 Speak with Grace	Use honest language that names your experience without attacking your spouse.
04 Return	Create a clear way to pause and return when a conversation needs time.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: James chapter 1, verse 19. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

☐ Listening is a form of love.	☐ A soft answer is strength under control.
☐ Truth and tenderness belong together.	☐ A pause can protect a conversation when both spouses agree to return.

One phrase or truth we want to carry forward:

_____

_____

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A conversation we keep avoiding.	☐ A time I felt unheard.
☐ A pattern of defense, interruption, or withdrawal.	☐ A fear beneath a recurring conflict.
☐ A need to slow down before speaking.	☐ A conversation that needs a return time.

The one area we want to bring honestly before Jesus:

_____

_____

What do we believe about God, ourselves, or one another in this place?

_____

_____

What truth from Jesus do we need to receive?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
We make space to talk about more than logistics.	1 2 3 4
I can listen to understand before preparing my response.	1 2 3 4
We can name hurt or need without treating each other as the enemy.	1 2 3 4
We have a healthy way to pause and return to difficult conversations.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Communication may feel unsafe, rushed, or avoided. Begin with one calm conversation and one clear question.	You can see the need, but pressure may still bring defense or withdrawal. Practice a pause-and-return plan this week.	Your conversations make room for truth and care. Keep protecting attention, timing, and shared follow-through.

What to do next: Choose one conversation to revisit with a slower pace and a better question.

My next step:

_____

I may bring this to:

_____

PRACTICAL TOOL

Hear the Heart Conversation Reset

Use this tool after a difficult conversation or before returning to one. The goal is understanding, not winning.

HOW TO USE THIS TOOL
Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

What Happened	What I Heard	What I Felt or Needed	Question I Need to Ask	How We Will Return
One recent conversation				
A recurring tension				
A decision we see differently				
A place where one of us withdrew				

FORMATION NOTE
A pause is not avoidance when both spouses agree on a time to return. Use wisdom, safety, and outside support where conflict has become harmful or unmanageable.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to repair every part of your marriage today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A pressure point in our marriage.	☐ A belief, fear, or expectation that needs honesty.
☐ A repeated conflict pattern.	☐ A relationship or responsibility that needs attention.
☐ A hidden struggle or hard conversation.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ Ask my spouse, “Help me understand what is happening for you.”	☐ Name one feeling without blame.
☐ Put phones away for a short conversation.	☐ Choose a return time for an unresolved issue.
☐ Practice listening before giving advice.	☐ Pray before a difficult conversation.

3. Make It Simple Enough to Follow Through

Our first step:

_____

☐ We will begin today.	☐ We will begin within two days.
☐ We will begin this week.	☐ We will begin on this date: _____

The person who can help us:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, make us quick to hear, slow to speak, and slow to anger. Teach us to listen with patience and speak with truth and tenderness.

WALK WITH YOUR SPOUSE

Bring This Into a Faithful Conversation

Use this page when you need to listen, pray, ask honest questions, or choose a next step together. The goal is not to solve every problem in one conversation. The goal is truth, grace, a faithful response, and a clear return point.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with us.
☐ A slower conversation.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something we have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the pressure, situation, habit, relationship, decision, or concern.
2. What are we believing or doing?	Name the fear, assumption, coping pattern, response, or place where trust is difficult.
3. What is Jesus inviting us to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ What did you hear me say?	☐ What do you think I was trying to communicate beneath the words?
☐ What do you need from me before we continue?	☐ When will we return to this conversation if we need a pause?
☐ How can we pray before we leave this conversation?	

The one thing we will do next:

_____

The person who will follow up with us:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

GUIDED PRACTICE 05 / GUARD THE COVENANT

Boundaries

Create wise protections around the covenant before small compromises become larger wounds.

How Not to Be BAD

Book Connection	Chapter 5: Boundaries
Primary Scripture	Proverbs chapter 4, verse 23
Why This Practice Matters	Create wise protections around the covenant before small compromises become larger wounds.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on my own.
☐ We are working through this together as a couple.	☐ We are working with a trusted couple, pastor, mentor, or counselor.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 60 to 75 minutes. You do not need to solve your whole story today. Stay with what feels most important. Receive grace. Take the next faithful step.

THE AWAKENING

Boundaries

How Not to Be BAD

Marriage needs more than good intentions. It needs wise protection. Boundaries are not walls between spouses. They are wise protections around the covenant. They bring clarity around time, technology, money, relationships, conflict, and the places where drift can quietly begin.

WHAT TO CARRY FORWARD

How not to be BAD begins with boundaries. This is not about labeling either spouse as bad. It is about recognizing patterns that can quietly damage a marriage when they are left unguarded.

What You Will Work Through

Movement	What It Helps You Notice
01 Guard the Heart	Notice what has been gaining unhealthy access to attention, desire, or trust.
02 Clarify the Line	Name a wise boundary before pressure makes the decision for you.
03 Protect Openness	Choose transparency that strengthens safety rather than suspicion.
04 Practice Together	Agree on a simple way to live the boundary and review it with grace.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: Proverbs chapter 4, verse 23. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

☐ Boundaries protect the covenant.	☐ Wisdom acts before temptation and drift become stronger.
☐ Openness is different from suspicion.	☐ A shared boundary can make love safer.

One phrase or truth we want to carry forward:

_____

_____

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ Time that our marriage no longer receives.	☐ Technology that creates distance.
☐ A friendship or relationship that needs clarity.	☐ A money pattern that needs openness.
☐ A conflict pattern that makes the home feel unsafe.	☐ A private habit that needs truth and support.

The one area we want to bring honestly before Jesus:

_____

_____

What do we believe about God, ourselves, or one another in this place?

_____

_____

What truth from Jesus do we need to receive?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
We have clear boundaries around time, technology, and attention.	1 2 3 4
We speak openly about relationships, money, and patterns that could weaken trust.	1 2 3 4
We know how to pause conflict without avoiding it.	1 2 3 4
We can name at least one boundary that would make our covenant safer now.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
A boundary may be unclear or already under pressure. Begin with one line that protects trust and follow it this week.	You value healthy boundaries, but some areas may rely too much on good intentions. Choose a clear practice and review date.	Wise protections are part of your shared life. Keep reviewing them as seasons, pressures, and responsibilities change.

What to do next: Choose one boundary that will make your marriage safer and clearer this week.

My next step:

_____

I may bring this to:

_____

PRACTICAL TOOL

Covenant Guardrails

Choose only one or two rows if that is enough. The goal is a clear boundary you can both understand and practice.

HOW TO USE THIS TOOL
Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	Current Pattern	Boundary That Protects	How We Will Practice It	Review Date
Time and attention				
Technology and media				
Friendships and outside relationships				
Money and shared decisions				
Conflict and repair				

FORMATION NOTE
Boundaries are not tools for control. They help husband and wife protect truth, trust, purity, peace, and connection together.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to repair every part of your marriage today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A pressure point in our marriage.	☐ A belief, fear, or expectation that needs honesty.
☐ A repeated conflict pattern.	☐ A relationship or responsibility that needs attention.
☐ A hidden struggle or hard conversation.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ Set one boundary around devices or attention.	☐ Discuss one relationship or work situation openly.
☐ Create a clear conflict pause-and-return plan.	☐ Choose a money decision that needs shared conversation.
☐ Remove access to one pattern that weakens purity or trust.	☐ Invite wise support into a boundary that feels difficult to keep.

3. Make It Simple Enough to Follow Through

Our first step:

_____

☐ We will begin today.	☐ We will begin within two days.
☐ We will begin this week.	☐ We will begin on this date: _____

The person who can help us:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, help us guard what You have joined together. Give us wisdom, humility, honesty, and courage to create boundaries that protect our covenant.

WALK WITH YOUR SPOUSE

Bring This Into a Faithful Conversation

Use this page when you need to listen, pray, ask honest questions, or choose a next step together. The goal is not to solve every problem in one conversation. The goal is truth, grace, a faithful response, and a clear return point.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with us.
☐ A slower conversation.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something we have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the pressure, situation, habit, relationship, decision, or concern.
2. What are we believing or doing?	Name the fear, assumption, coping pattern, response, or place where trust is difficult.
3. What is Jesus inviting us to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ What pressure or pattern feels most dangerous to our connection right now?	☐ What boundary would make our marriage safer without becoming controlling?
☐ How will we know whether this boundary is helping?	☐ When will we review this together?
☐ How can we pray before we leave this conversation?	

The one thing we will do next:

_____

The person who will follow up with us:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

GUIDED PRACTICE 06 / GUARD THE COVENANT

Accountability

Identify wise people and healthy rhythms that help your marriage stay in the light.

How Not to Be BAD

Book Connection	Chapter 6: Accountability
Primary Scripture	Proverbs chapter 15, verse 22
Why This Practice Matters	Identify wise people and healthy rhythms that help your marriage stay in the light.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on my own.
☐ We are working through this together as a couple.	☐ We are working with a trusted couple, pastor, mentor, or counselor.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 60 to 75 minutes. You do not need to solve your whole story today. Stay with what feels most important. Receive grace. Take the next faithful step.

THE AWAKENING

Accountability

How Not to Be BAD

Boundaries create wise lines. Accountability helps keep the heart honest. A husband and wife are not meant to carry every pressure in isolation. Trusted people can help a couple notice blind spots, ask honest questions, pray with them, and seek help before a private struggle becomes a larger wound.

WHAT TO CARRY FORWARD

Accountability is not suspicion, gossip, or handing the marriage over to outsiders. It is wise openness before God and trusted people who honor the covenant, protect confidentiality, and point both spouses toward Christ.

What You Will Work Through

Movement	What It Helps You Notice
01 Resist Isolation	Notice where secrecy, fear, or pride has made it hard to ask for help.
02 Choose Wise Voices	Identify mature people who are discreet, grounded, and for the covenant.
03 Receive Correction	Practice humility when truth or concern is brought to light.
04 Establish Follow-Through	Create one clear conversation or check-in rhythm.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: Proverbs chapter 15, verse 22. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

☐ Wise counsel helps expose blind spots.	☐ No marriage should become an island.
☐ Confession is a first step toward healing.	☐ Humility is strength under Christ.

One phrase or truth we want to carry forward:

_____

_____

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A burden we have been carrying alone.	☐ A pattern that needs an outside perspective.
☐ A person who fuels division instead of truth.	☐ A trusted pastor, counselor, mentor, or couple.
☐ A need for accountability around a private struggle.	☐ A reluctance to ask for help.

The one area we want to bring honestly before Jesus:

_____

_____

What do we believe about God, ourselves, or one another in this place?

_____

_____

What truth from Jesus do we need to receive?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
We have at least one wise person or couple we can ask for prayer and counsel.	1 2 3 4
We can distinguish privacy from secrecy.	1 2 3 4
We receive correction without turning immediately to defense or blame.	1 2 3 4
We have a clear next step when a pattern needs outside help.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Isolation or secrecy may be carrying too much weight. Begin by naming one trusted person and one honest sentence.	You have people around you, but the support may be informal or vague. Establish a specific conversation or check-in.	Wise community strengthens your covenant. Protect confidentiality and keep inviting truth before drift becomes stronger.

What to do next: Name one person or couple you can invite into a faithful conversation this month.

My next step:

_____

I may bring this to:

_____

PRACTICAL TOOL

Marriage Support Circle

Choose people with wisdom, discretion, and a love for truth. Not everyone needs every detail. The goal is that no important part of your marriage remains completely alone.

HOW TO USE THIS TOOL
Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Support Person or Couple	What They Can Help With	What They Need to Know	Next Conversation
Pastor, counselor, or mentor			
Trusted marriage couple			
Husband's trusted support			
Wife's trusted support			

FORMATION NOTE
Appropriate care may include pastoral support, licensed counseling, recovery support, legal help, or emergency care depending on the need. Safety and truth come first.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to repair every part of your marriage today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A pressure point in our marriage.	☐ A belief, fear, or expectation that needs honesty.
☐ A repeated conflict pattern.	☐ A relationship or responsibility that needs attention.
☐ A hidden struggle or hard conversation.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ Reach out to a trusted couple or mentor.	☐ Ask for prayer about a pressure point.
☐ Schedule counseling or pastoral care.	☐ Tell the truth about a hidden pattern.
☐ Create a monthly check-in with wise support.	☐ Ask someone to follow up after a difficult conversation.

3. Make It Simple Enough to Follow Through

Our first step:

_____

☐ We will begin today.	☐ We will begin within two days.
☐ We will begin this week.	☐ We will begin on this date: _____

The person who can help us:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, free us from isolation. Give us humility to receive help, courage to tell the truth, and wise people who will strengthen our covenant.

WALK WITH YOUR SPOUSE

Bring This Into a Faithful Conversation

Use this page when you need to listen, pray, ask honest questions, or choose a next step together. The goal is not to solve every problem in one conversation. The goal is truth, grace, a faithful response, and a clear return point.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with us.
☐ A slower conversation.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something we have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the pressure, situation, habit, relationship, decision, or concern.
2. What are we believing or doing?	Name the fear, assumption, coping pattern, response, or place where trust is difficult.
3. What is Jesus inviting us to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ Where do we need wise support right now?	☐ What kind of support would actually help us?
☐ Who can hear this with discretion and grace?	☐ What will we ask them to pray for or follow up on?
☐ How can we pray before we leave this conversation?	

The one thing we will do next:

_____

The person who will follow up with us:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

GUIDED PRACTICE 07 / GUARD THE COVENANT

Discipline

Build a light marriage rhythm for prayer, honesty, purity, presence, forgiveness, rest, and faithful follow-through.

How Not to Be BAD

Book Connection	Chapter 7: Discipline
Primary Scripture	Hebrews chapter 12, verse 11
Why This Practice Matters	Build a light marriage rhythm for prayer, honesty, purity, presence, forgiveness, rest, and faithful follow-through.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on my own.
☐ We are working through this together as a couple.	☐ We are working with a trusted couple, pastor, mentor, or counselor.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 60 to 75 minutes. You do not need to solve your whole story today. Stay with what feels most important. Receive grace. Take the next faithful step.

THE AWAKENING

Discipline

How Not to Be BAD

Boundaries protect the covenant. Accountability keeps the heart honest. Discipline forms the habits that make faithfulness possible. A marriage rarely becomes healthy because of one dramatic moment. It becomes stronger through repeated choices that shape the home over time.

WHAT TO CARRY FORWARD

Discipline is not cold routine or pressure. It is a steady choice to live according to what is true when feelings, fatigue, fear, or temptation pull in another direction. Start small. Choose practices you can hold with grace.

What You Will Work Through

Movement	What It Helps You Notice
01 Notice the Rhythm	See the daily and weekly patterns already shaping your marriage.
02 Choose the Practice	Select one rhythm for Word, prayer, presence, rest, or repair.
03 Make It Real	Decide when and how the practice will happen in your actual season.
04 Review and Return	Check the practice with kindness, adjust it, and begin again when you drift.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: Hebrews chapter 12, verse 11. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

☐ Faithfulness is formed through repeated choices.	☐ Prayer returns the marriage to Christ.
☐ Honesty protects intimacy.	☐ Rest makes room for patience and presence.

One phrase or truth we want to carry forward:

_____

_____

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A rhythm that is missing or inconsistent.	☐ A pattern of exhaustion or overcommitment.
☐ A need for prayer or Scripture together.	☐ A recurring place where repair is delayed.
☐ A need for more presence and less distraction.	☐ A desire for a simpler, gentler marriage rhythm.

The one area we want to bring honestly before Jesus:

_____

_____

What do we believe about God, ourselves, or one another in this place?

_____

_____

What truth from Jesus do we need to receive?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
We have a simple rhythm for prayer, Scripture, or spiritual connection.	1 2 3 4
We return to honest conversation and repair when conflict creates distance.	1 2 3 4
We protect rest and presence enough to care for our marriage.	1 2 3 4
We review our rhythms and adjust them for the season we are actually in.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Your marriage may feel reactive or crowded. Begin with one small daily or weekly practice that creates space for Christ and connection.	Some rhythms exist, but they may be easy to lose under pressure. Simplify and protect one practice for the next thirty days.	Your practices are strengthening faithfulness. Keep them light, honest, and flexible as responsibilities change.

What to do next: Choose one daily rhythm and one weekly rhythm for the next thirty days.

My next step:

_____

I may bring this to:

_____

PRACTICAL TOOL

Marriage Rule of Life

Build a trellis for your actual season. You do not need to fill every row. Choose only practices that help you remain close to Jesus and close to one another.

HOW TO USE THIS TOOL
Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Rhythm	What It Supports	Our Practice	When We Will Review
Daily connection			
Daily or weekly prayer			
Weekly conversation			
Weekly worship and rest			
Monthly marriage check-in			
Seasonal covenant review			

FORMATION NOTE
A Rule of Life is a trellis, not a burden. It creates room for the kind of marriage you want to build.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to repair every part of your marriage today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A pressure point in our marriage.	☐ A belief, fear, or expectation that needs honesty.
☐ A repeated conflict pattern.	☐ A relationship or responsibility that needs attention.
☐ A hidden struggle or hard conversation.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ Choose a brief daily prayer together.	☐ Set a weekly check-in time.
☐ Protect one screen-free meal or walk.	☐ Plan one restorative rhythm this week.
☐ Practice a quick apology and return after conflict.	☐ Ask a trusted couple to follow up on one rhythm.

3. Make It Simple Enough to Follow Through

Our first step:

_____

☐ We will begin today.	☐ We will begin within two days.
☐ We will begin this week.	☐ We will begin on this date: _____

The person who can help us:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, form our marriage through ordinary faithfulness. Help us build rhythms that make room for Your Word, prayer, honesty, rest, and love.

WALK WITH YOUR SPOUSE

Bring This Into a Faithful Conversation

Use this page when you need to listen, pray, ask honest questions, or choose a next step together. The goal is not to solve every problem in one conversation. The goal is truth, grace, a faithful response, and a clear return point.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with us.
☐ A slower conversation.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something we have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the pressure, situation, habit, relationship, decision, or concern.
2. What are we believing or doing?	Name the fear, assumption, coping pattern, response, or place where trust is difficult.
3. What is Jesus inviting us to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ Which rhythm would make the greatest difference in this season?	☐ What keeps us from holding it now?
☐ How can we make it simple enough to practice?	☐ When will we review it without shame or pressure?
☐ How can we pray before we leave this conversation?	

The one thing we will do next:

_____

The person who will follow up with us:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

GUIDED PRACTICE 08 / BRING IT INTO THE LIGHT

Shame and Offense

Bring shame and unresolved offense into the light so truth, forgiveness, and repair can begin.

Don’t Sleep on the SOFA

Book Connection Chapter 8: Shame and Offense

Primary Scripture Romans chapter 8, verse 1

Why This Practice Matters Bring shame and unresolved offense into the light so truth, forgiveness, and repair can begin.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on my own.
☐ We are working through this together as a couple.	☐ We are working with a trusted couple, pastor, mentor, or counselor.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 75 to 90 minutes or two sittings. You do not need to solve your whole story today. Stay with what feels most important. Receive grace. Take the next faithful step.

THE AWAKENING

Shame and Offense

Don’t Sleep on the SOFA

Every marriage will face difficult emotions. The question is whether they will be allowed to stay. Shame can keep a spouse hidden. Offense can quietly turn disappointment into a private record of wrongs. When those patterns are left unaddressed, a couple may remain in the same home while growing distant in heart.

WHAT TO CARRY FORWARD

Don’t sleep on the SOFA begins with bringing shame and offense under the care of Christ. This is not pressure to overlook serious harm or force forgiveness before truth, repentance, safety, and wise help are present. It is an invitation to refuse emotional exile as normal.

What You Will Work Through

Movement	What It Helps You Notice
01 Name the Shame	Notice where failure, regret, or fear of rejection has led you to hide.
02 Name the Offense	Bring one hurt into the light without turning it into a permanent weapon.
03 Receive Grace	Let Christ separate conviction from condemnation.
04 Choose Repair	Name the confession, conversation, forgiveness, boundary, or help that belongs next.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: Romans chapter 8, verse 1. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

☐ There is no condemnation for those who are in Christ Jesus.	☐ Conviction leads toward repentance and grace.
☐ Forgiveness refuses to make the worst moment a permanent identity.	☐ Truth and compassion create room for repair.

One phrase or truth we want to carry forward:

_____

_____

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A failure I have been hiding.	☐ A regret that still shapes how I respond.
☐ A hurt I have stored rather than addressed.	☐ A pattern of sarcasm or scorekeeping.
☐ A need to ask forgiveness.	☐ A need for a slower process of rebuilding trust.

The one area we want to bring honestly before Jesus:

_____

_____

What do we believe about God, ourselves, or one another in this place?

_____

_____

What truth from Jesus do we need to receive?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I can recognize the difference between conviction and shame.	1 2 3 4
We make room for honest confession without using truth to crush one another.	1 2 3 4
We address offense before it becomes a pattern of contempt or distance.	1 2 3 4
We know when a wound needs more time, counsel, or support to heal.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Shame or offense may be creating hidden distance. Begin with one honest sentence and one safe next step.	You can name some of the pain, but the pattern may still return under pressure. Choose one repair conversation or support rhythm.	Truth and grace are becoming normal in your marriage. Continue addressing hurts early and receiving mercy together.

What to do next: Name one shame or offense pattern and choose the next safe step toward truth or repair.

My next step:

_____

I may bring this to:

_____

PRACTICAL TOOL

Light and Repair Inventory

Use discretion. You do not need to record every detail. Name enough to recognize the pattern and choose a faithful response.

HOW TO USE THIS TOOL
Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

What Has Been Hidden or Held	What Is True	What Grace or Truth Is Needed	Repair, Boundary, or Support
A shame I carry			
An offense I keep replaying			
A pattern of sarcasm or distance			
A wound that needs outside help			

FORMATION NOTE
Some wounds require pastoral care, licensed counseling, recovery support, or other professional help. The aim is not to rush the process. The aim is truthful movement toward healing.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to repair every part of your marriage today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A pressure point in our marriage.	☐ A belief, fear, or expectation that needs honesty.
☐ A repeated conflict pattern.	☐ A relationship or responsibility that needs attention.
☐ A hidden struggle or hard conversation.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ Tell the truth about one shame or offense pattern.	☐ Ask for forgiveness without minimizing the harm.
☐ Name one hurt without accusation.	☐ Choose a repair conversation with a return time.
☐ Ask a trusted leader or counselor for help.	☐ Pray for grace to release a repeated offense.

3. Make It Simple Enough to Follow Through

Our first step:

_____

☐ We will begin today.	☐ We will begin within two days.
☐ We will begin this week.	☐ We will begin on this date: _____

The person who can help us:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, bring what is hidden into the light. Free us from shame, soften what has become hard, and guide us toward truth, forgiveness, repair, and wise help.

WALK WITH YOUR SPOUSE

Bring This Into a Faithful Conversation

Use this page when you need to listen, pray, ask honest questions, or choose a next step together. The goal is not to solve every problem in one conversation. The goal is truth, grace, a faithful response, and a clear return point.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with us.
☐ A slower conversation.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something we have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the pressure, situation, habit, relationship, decision, or concern.
2. What are we believing or doing?	Name the fear, assumption, coping pattern, response, or place where trust is difficult.
3. What is Jesus inviting us to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ What has been hard to say because of shame or fear?	☐ What hurt have we not addressed well?
☐ What would compassionate truth sound like here?	☐ What repair or support is needed before we move forward?
☐ How can we pray before we leave this conversation?	

The one thing we will do next:

_____

The person who will follow up with us:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

GUIDED PRACTICE 09 / BRING IT INTO THE LIGHT

Fear and Anger

Name the fear beneath pressure and learn a wise way to pause, return, and address anger without allowing it to rule the home.

Don’t Sleep on the SOFA

Book Connection

Chapter 9: Fear and Anger

Primary Scripture

Ephesians chapter 4, verse 26

Why This Practice Matters

Name the fear beneath pressure and learn a wise way to pause, return, and address anger without allowing it to rule the home.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on my own.
☐ We are working through this together as a couple.	☐ We are working with a trusted couple, pastor, mentor, or counselor.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 60 to 75 minutes. You do not need to solve your whole story today. Stay with what feels most important. Receive grace. Take the next faithful step.

THE AWAKENING

Fear and Anger

Don’t Sleep on the SOFA

Fear and anger can quietly create distance in a marriage. Fear may sound like anxiety about money, the future, failure, or being left alone. Anger may show up through sharp words, sarcasm, silence, or withdrawal. These reactions are not the whole story. They often point to pain, pressure, or uncertainty beneath the surface.

WHAT TO CARRY FORWARD

Don’t sleep on the SOFA means refusing to make a home in fear and anger. It does not mean pretending danger is not real. No spouse should be intimidated, threatened, insulted, controlled, or placed at risk. Safety and wise help come first.

What You Will Work Through

Movement	What It Helps You Notice
01 Notice the Trigger	Identify the situation or pressure that brings fear or anger to the surface.
02 Name the Fear	Look beneath the reaction for uncertainty, shame, loneliness, or fear of failure.
03 Pause Wisely	Create a way to stop escalation without withdrawing permanently.
04 Return in Grace	Speak the deeper truth and agree on one next step.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: Ephesians chapter 4, verse 26. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

☐ Fear does not have to rule the marriage.	☐ Anger can reveal an issue, but it cannot become the leader of the home.
☐ A wise pause includes a clear return.	☐ Compassion asks what is beneath the reaction.

One phrase or truth we want to carry forward:

_____

_____

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ Fear about provision, failure, or the future.	☐ Fear of being alone, unsupported, or unsafe.
☐ A pattern of anger, sarcasm, or silence.	☐ A conflict that escalates quickly.
☐ A need for a pause-and-return agreement.	☐ A need for outside help because anger feels harmful.

The one area we want to bring honestly before Jesus:

_____

_____

What do we believe about God, ourselves, or one another in this place?

_____

_____

What truth from Jesus do we need to receive?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
We can name fear beneath at least some of our repeated conflicts.	1 2 3 4
We have a safe way to pause when anger is too high.	1 2 3 4
We return to hard conversations rather than allowing distance to become normal.	1 2 3 4
We seek help when anger, fear, or conflict becomes harmful or unmanageable.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Fear or anger may be shaping the atmosphere of the home. Begin with one safe conversation, a pause plan, or trusted support.	You can recognize the pattern, but it may still be difficult to interrupt. Practice naming the fear before reacting.	You are learning to handle fear and anger with truth, safety, and grace. Keep protecting the return path in conflict.

What to do next: Choose one trigger and write the pause-and-return practice you will use next time.

My next step:

_____

I may bring this to:

_____

PRACTICAL TOOL

SOFA Reset: Fear and Anger

Use this tool after a conflict or before returning to one. The purpose is not to explain away harmful behavior. It is to understand the pattern and choose a safer response.

HOW TO USE THIS TOOL

Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Trigger or Pressure	Fear Beneath It	How Anger Shows Up	What I Need to Communicate	Pause and Return Plan
A recurring disagreement				
Money or future pressure				
A conflict about time or responsibilities				
A moment when one of us withdrew or escalated				

FORMATION NOTE

A pause can protect the relationship when both spouses agree to return. Where conflict involves intimidation, threats, violence, coercion, or unsafe behavior, seek immediate appropriate support.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to repair every part of your marriage today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A pressure point in our marriage.	☐ A belief, fear, or expectation that needs honesty.
☐ A repeated conflict pattern.	☐ A relationship or responsibility that needs attention.
☐ A hidden struggle or hard conversation.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ Name the fear beneath a recent argument.	☐ Create a pause phrase and return time.
☐ Practice one calming action before responding.	☐ Tell my spouse what I need without accusation.
☐ Ask a trusted person to help us with a repeating conflict.	☐ Seek professional or emergency support if safety is at risk.

3. Make It Simple Enough to Follow Through

Our first step:

_____

☐ We will begin today.	☐ We will begin within two days.
☐ We will begin this week.	☐ We will begin on this date: _____

The person who can help us:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, meet us in fear and anger. Give us self-control, courage, safety, and humility. Help us return to one another with truth and grace.

WALK WITH YOUR SPOUSE

Bring This Into a Faithful Conversation

Use this page when you need to listen, pray, ask honest questions, or choose a next step together. The goal is not to solve every problem in one conversation. The goal is truth, grace, a faithful response, and a clear return point.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with us.
☐ A slower conversation.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something we have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the pressure, situation, habit, relationship, decision, or concern.
2. What are we believing or doing?	Name the fear, assumption, coping pattern, response, or place where trust is difficult.
3. What is Jesus inviting us to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ What fear may be beneath this conflict?	☐ How does anger or withdrawal show up in us?
☐ What would a safe pause sound like?	☐ When and how will we return to the conversation?
☐ How can we pray before we leave this conversation?	

The one thing we will do next:

_____

The person who will follow up with us:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

GUIDED PRACTICE 10 / PRACTICE THE COVENANT

Support and Trust

Carry burdens together and build trust through honesty, consistency, transparency, and faithful follow-through.

Be the Spouse Who Takes the First STEP

Book Connection

Chapter 10: Support and Trust

Primary Scripture

Galatians chapter 6, verse 2

Why This Practice Matters

Carry burdens together and build trust through honesty, consistency, transparency, and faithful follow-through.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on my own.
☐ We are working through this together as a couple.	☐ We are working with a trusted couple, pastor, mentor, or counselor.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 60 to 75 minutes. You do not need to solve your whole story today. Stay with what feels most important. Receive grace. Take the next faithful step.

THE AWAKENING

Support and Trust

Be the Spouse Who Takes the First STEP

A strong marriage is not built by waiting for perfect conditions or for the other spouse to move first. It is built when a husband or wife chooses a faithful step toward love. Support carries burdens. Trust creates safety. Both are formed through ordinary acts of presence, truth, and follow-through.

WHAT TO CARRY FORWARD

Be the spouse who takes the first STEP. Support and trust are not transactions or tools for control. They are ways of moving toward your spouse under Christ, even when the next step is small.

What You Will Work Through

Movement	What It Helps You Notice
01 Notice the Burden	Identify what you or your spouse may be carrying visibly or quietly.
02 Offer Support	Choose practical help, presence, rest, or listening without trying to fix everything immediately.
03 Build Trust	Name one action that makes your word, presence, or openness more dependable.
04 Follow Through	Choose a specific action and review whether it helped.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: Galatians chapter 6, verse 2. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

☐ Bear one another's burdens.	☐ Support begins by noticing.
☐ Trust grows through truth and consistency.	☐ Repair takes time when trust has been damaged.

One phrase or truth we want to carry forward:

_____

_____

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A burden I am carrying alone.	☐ A burden I may be overlooking in my spouse.
☐ A place where trust feels thin.	☐ A promise or follow-through that needs attention.
☐ A need for more transparency.	☐ A way to show up with presence rather than solutions.

The one area we want to bring honestly before Jesus:

_____

_____

What do we believe about God, ourselves, or one another in this place?

_____

_____

What truth from Jesus do we need to receive?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
We notice and name burdens before they become resentment.	1 2 3 4
I can ask my spouse what support would actually help.	1 2 3 4
Our words and actions are becoming more consistent.	1 2 3 4
We know that damaged trust is rebuilt through time, truth, and changed behavior.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Support or trust may feel weak or uncertain. Begin with one burden, one act of help, and one reliable follow-through.	Care is present, but pressure may still create assumptions or inconsistency. Choose a clearer support conversation this week.	Support and trust are becoming visible strengths. Keep practicing transparency, appreciation, and dependable follow-through.

What to do next: Ask your spouse what they are carrying and choose one practical way to support them this week.

My next step:

_____

I may bring this to:

_____

PRACTICAL TOOL

Burden and Trust Map

Use this tool to make support and trust practical. Choose one row if that is enough for this season.

HOW TO USE THIS TOOL
Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

What Is Being Carried	What Support Would Help	What Would Build Trust	One Follow-Through
Work, home, or family pressure			
A fear or uncertainty			
A practical responsibility			
A place where trust needs repair			

FORMATION NOTE
Support does not mean one spouse becomes the other's savior. It means both learn to carry life together while returning their deepest needs to Christ.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to repair every part of your marriage today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A pressure point in our marriage.	☐ A belief, fear, or expectation that needs honesty.
☐ A repeated conflict pattern.	☐ A relationship or responsibility that needs attention.
☐ A hidden struggle or hard conversation.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ Ask one thoughtful question about what my spouse is carrying.	☐ Offer a specific practical act of support.
☐ Follow through on one commitment.	☐ Tell the truth about something that affects trust.
☐ Schedule a repair conversation.	☐ Invite counsel where trust has been damaged deeply.

3. Make It Simple Enough to Follow Through

Our first step:

_____

☐ We will begin today.	☐ We will begin within two days.
☐ We will begin this week.	☐ We will begin on this date: _____

The person who can help us:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, help us carry one another well. Build trust through truth, consistency, humility, and faithful presence.

WALK WITH YOUR SPOUSE

Bring This Into a Faithful Conversation

Use this page when you need to listen, pray, ask honest questions, or choose a next step together. The goal is not to solve every problem in one conversation. The goal is truth, grace, a faithful response, and a clear return point.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with us.
☐ A slower conversation.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something we have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the pressure, situation, habit, relationship, decision, or concern.
2. What are we believing or doing?	Name the fear, assumption, coping pattern, response, or place where trust is difficult.
3. What is Jesus inviting us to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ What are you carrying that I may not see?	☐ What kind of support would help most this week?
☐ Where do you need more consistency or transparency from me?	☐ What one follow-through will strengthen trust?
☐ How can we pray before we leave this conversation?	

The one thing we will do next:

_____

The person who will follow up with us:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

GUIDED PRACTICE 11 / PRACTICE THE COVENANT

Encourage and Pray

Restore life-giving words and a shared rhythm of prayer so your marriage remains connected to hope and grace.

Be the Spouse Who Takes the First STEP

Book Connection

Chapter 11: Encourage and Pray

Primary Scripture

First Thessalonians chapter 5, verse 11

Why This Practice Matters

Restore life-giving words and a shared rhythm of prayer so your marriage remains connected to hope and grace.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on my own.
☐ We are working through this together as a couple.	☐ We are working with a trusted couple, pastor, mentor, or counselor.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 60 to 75 minutes. You do not need to solve your whole story today. Stay with what feels most important. Receive grace. Take the next faithful step.

THE AWAKENING

Encourage and Pray

Be the Spouse Who Takes the First STEP

A marriage can become heavy when correction is louder than gratitude. Both husband and wife need truth, but neither can thrive on criticism alone. Encouragement sees what is true and gives it voice. Prayer brings the marriage before the One who can sustain what husband and wife cannot carry on their own.

WHAT TO CARRY FORWARD

Be the spouse who takes the first STEP through encouragement and prayer. Do not wait for a perfect moment. One sincere word and one honest prayer can become a faithful return toward one another.

What You Will Work Through

Movement	What It Helps You Notice
01 Notice What Is Good	Name the effort, growth, strength, or faithfulness you see in your spouse.
02 Speak Life	Offer encouragement that is specific, honest, and free from manipulation.
03 Bring It to Jesus	Pray about pressures, fears, hopes, and needs that are too heavy to carry alone.
04 Build a Rhythm	Choose a simple way to encourage and pray together this week.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: First Thessalonians chapter 5, verse 11. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

☐ Encouragement is not flattery.	☐ Specific gratitude strengthens the covenant.
☐ Prayer reminds both spouses that Christ is the Savior.	☐ Hope grows when a husband and wife pray for one another.

One phrase or truth we want to carry forward:

_____

_____

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A strength in my spouse I have not named.	☐ A place where criticism has become too loud.
☐ A fear or burden I need to bring to prayer.	☐ A desire to pray together without pressure.
☐ A need for a blessing or word of hope.	☐ A prayer rhythm that would fit our actual life.

The one area we want to bring honestly before Jesus:

_____

_____

What do we believe about God, ourselves, or one another in this place?

_____

_____

What truth from Jesus do we need to receive?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
We speak appreciation and encouragement with regularity.	1 2 3 4
We can tell the truth without allowing criticism to become the atmosphere of the home.	1 2 3 4
We bring burdens and decisions before God together.	1 2 3 4
We have a simple prayer rhythm that fits our season.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Encouragement or prayer may have become rare. Begin with one sincere word and one brief prayer this week.	You value life-giving words and prayer, but the practice may still be inconsistent. Choose a short repeatable rhythm.	Encouragement and prayer are strengthening your home. Keep them specific, honest, and connected to the realities you carry.

What to do next: Speak one specific encouragement and pray one honest prayer together this week.

My next step:

_____

I may bring this to:

_____

PRACTICAL TOOL

Life-Giving Words and Prayer Rhythm

Write only what helps you move toward a more hopeful home. Small and sincere is better than long and forced.

HOW TO USE THIS TOOL
Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

What I See and Thank God For	A Word I Want to Speak	What We Need to Pray About	When We Will Pray
My spouse's character or effort			
A current pressure			
A shared decision or hope			
Our home, family, or future			

FORMATION NOTE
Prayer does not need to be polished. A simple prayer such as "Jesus, help us love one another well" is a faithful beginning.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to repair every part of your marriage today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A pressure point in our marriage.	☐ A belief, fear, or expectation that needs honesty.
☐ A repeated conflict pattern.	☐ A relationship or responsibility that needs attention.
☐ A hidden struggle or hard conversation.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ Speak one specific word of gratitude.	☐ Write a note of encouragement.
☐ Pray aloud together for one minute.	☐ Pray for my spouse privately by name.
☐ Set one weekly prayer time.	☐ Ask a trusted couple to pray for a specific need.

3. Make It Simple Enough to Follow Through

Our first step:

_____

☐ We will begin today.	☐ We will begin within two days.
☐ We will begin this week.	☐ We will begin on this date: _____

The person who can help us:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, make our home a place of life-giving words and honest prayer. Help us see Your grace in one another and bring every burden before You.

WALK WITH YOUR SPOUSE

Bring This Into a Faithful Conversation

Use this page when you need to listen, pray, ask honest questions, or choose a next step together. The goal is not to solve every problem in one conversation. The goal is truth, grace, a faithful response, and a clear return point.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with us.
☐ A slower conversation.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something we have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the pressure, situation, habit, relationship, decision, or concern.
2. What are we believing or doing?	Name the fear, assumption, coping pattern, response, or place where trust is difficult.
3. What is Jesus inviting us to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ What encouragement would strengthen you right now?	☐ What do you want me to notice or thank God for?
☐ What burden do you want us to bring to Jesus together?	☐ When can we practice a simple prayer rhythm this week?
☐ How can we pray before we leave this conversation?	

The one thing we will do next:

_____

The person who will follow up with us:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

GUIDED PRACTICE 12 / BUILD WHAT LASTS

Lead With Compassion. End With Vision.

Practice compassion in the present and build a shared vision for the home, covenant, and legacy God is forming through your life together.

Book Connection	Chapter 12: Lead With Compassion. End With Vision.
Primary Scripture	First Peter chapter 3, verse 8
Why This Practice Matters	Practice compassion in the present and build a shared vision for the home, covenant, and legacy God is forming through your life together.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on my own.
☐ We are working through this together as a couple.	☐ We are working with a trusted couple, pastor, mentor, or counselor.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 75 to 90 minutes. You do not need to solve your whole story today. Stay with what feels most important. Receive grace. Take the next faithful step.

THE AWAKENING

Lead With Compassion. End With Vision.

A marriage needs more than a way to survive difficult moments. It needs a way to move forward. Compassion helps a husband and wife face what is hard without turning against one another. Vision helps them remember that their marriage is larger than the disagreement, disappointment, or pressure directly in front of them.

WHAT TO CARRY FORWARD

Lead with compassion. End with vision. Compassion sees the person beneath the frustration. Vision remembers that God is still writing the story. Both are needed if a couple is going to build what lasts.

What You Will Work Through

Movement	What It Helps You Notice
01 See with Compassion	Notice the fear, burden, or pain beneath a reaction without excusing what is wrong.
02 Tell the Truth with Grace	Practice honesty that protects the dignity of your spouse.
03 Lift Your Eyes	Ask what kind of home, covenant, and legacy you want to build together.
04 Choose the Next Season	Set one shared focus and one return rhythm for the next thirty days.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: First Peter chapter 3, verse 8. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

☐ Compassion tells the truth without trying to wound.	☐ Unity is a shared direction, not identical personalities.
☐ Vision gives the present moment a larger frame.	☐ Jesus is able to restore what has become tired or distant.

One phrase or truth we want to carry forward:

_____

_____

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A pain or pressure beneath a recent conflict.	☐ A need to slow down and understand.
☐ A hope we have lost sight of.	☐ A kind of home we want to build.
☐ A people or place we want to bless together.	☐ A next season focus for our marriage.

The one area we want to bring honestly before Jesus:

_____

_____

What do we believe about God, ourselves, or one another in this place?

_____

_____

What truth from Jesus do we need to receive?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
We can face hard things without treating each other as the enemy.	1 2 3 4
We make room for compassion, humility, and shared understanding.	1 2 3 4
We have talked about the kind of home and marriage we want to build.	1 2 3 4
We have one clear focus for the next season of our covenant.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
The marriage may feel tired, reactive, or without direction. Begin with compassion for the present and one shared hope for the future.	You can see the need for vision, but daily pressure may keep the conversation small. Protect a time to talk about what you are building.	Compassion and vision are becoming visible in your home. Keep returning to them when conflict or fatigue narrows the view.

What to do next: Choose one shared focus for the next thirty days and schedule a review date.

My next step:

_____

I may bring this to:

_____

PRACTICAL TOOL

Marriage Vision Canvas

Use short phrases. The aim is not to write a perfect mission statement. It is to name the kind of covenant and home you want to build under Christ.

HOW TO USE THIS TOOL
Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

What We Want to Build	What It Looks Like in Ordinary Life	One Practice for This Season	Review Date
The atmosphere of our home			
How we handle conflict and repair			
How we protect faith and connection			
How we serve family, church, and others			
The legacy we hope to leave			

FORMATION NOTE
Vision is not denial of present difficulty. It gives the present a larger frame and helps a couple keep building with hope.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to repair every part of your marriage today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A pressure point in our marriage.	☐ A belief, fear, or expectation that needs honesty.
☐ A repeated conflict pattern.	☐ A relationship or responsibility that needs attention.
☐ A hidden struggle or hard conversation.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ Choose one shared marriage priority.	☐ Schedule a monthly vision conversation.
☐ Practice one compassionate response in conflict.	☐ Write a short covenant renewal statement.
☐ Plan one restorative time together.	☐ Pray for the home and legacy you are building.

3. Make It Simple Enough to Follow Through

Our first step:

_____

☐ We will begin today.	☐ We will begin within two days.
☐ We will begin this week.	☐ We will begin on this date: _____

The person who can help us:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, give us tender hearts and clear vision. Help us face today with compassion and build tomorrow with hope, faithfulness, and love.

WALK WITH YOUR SPOUSE

Bring This Into a Faithful Conversation

Use this page when you need to listen, pray, ask honest questions, or choose a next step together. The goal is not to solve every problem in one conversation. The goal is truth, grace, a faithful response, and a clear return point.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with us.
☐ A slower conversation.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something we have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the pressure, situation, habit, relationship, decision, or concern.
2. What are we believing or doing?	Name the fear, assumption, coping pattern, response, or place where trust is difficult.
3. What is Jesus inviting us to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ What kind of home do we want people to experience?	☐ What does compassion look like in our present pressure?
☐ What future hope do we want to protect together?	☐ What one practice will help us keep building in the next thirty days?
☐ How can we pray before we leave this conversation?	

The one thing we will do next:

_____

The person who will follow up with us:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

THIRTY-DAY PLAN

The Jesus & Marriage Follow-Through Plan

Formation continues through ordinary faithfulness. Use the next thirty days to focus on one clear response, one relationship, and one repeatable practice. Do not try to improve everything at once. Choose what belongs in this season.

Week	Focus	My Practice
Week 1	Return to the Covenant	Read Genesis chapter 2 and Matthew chapter 19. Protect one calm conversation about what your covenant needs now.
Week 2	Guard the Covenant	Choose one boundary, one accountability step, or one marriage rhythm that protects trust.
Week 3	Return from the SOFA	Name one shame, offense, fear, or anger pattern. Practice truth, grace, a pause-and-return plan, or a needed repair.
Week 4	Take the First STEP	Support, encourage, and pray. Choose one shared vision focus for the next season.

Simple Daily Rhythm

One Scripture. One honest prayer. One act of faithfulness. One moment of gratitude. The goal is not intensity. It is a marriage that keeps returning to Jesus.

My one faithful action for the next thirty days:

_____

The person or couple who will follow up with us:

_____

Our thirty-day review date:

_____

THIRTY-DAY REVIEW

Return to What God Has Been Forming

At the end of thirty days, return to these questions. Bring this page to a conversation with your spouse, a trusted couple, a pastor, mentor, or counselor. Do not look for perfection. Look for what became clearer, more honest, more practiced, or more supported.

Review Prompt	Our Notes
What did Jesus make clear?	
Where did we practice faithfulness?	
Where did we drift or pull away?	
What conversation became more honest?	
What repair, boundary, or next response remains?	
What do we want to carry into the next thirty days?	

CLOSING ASSESSMENT

The Jesus & Marriage Rhythm

Return to the scores you marked at the beginning. Do not look for perfection. Look for honesty and name one or two practices to carry into the next season.

Guided Practice	Current Score	Next Faithful Step
01 Marriage Begins With Covenant	1 2 3 4	_____
02 Love and Respect	1 2 3 4	_____
03 The Love That Lays Itself Down	1 2 3 4	_____
04 Learning to Hear One Another	1 2 3 4	_____
05 Boundaries | How Not to Be BAD	1 2 3 4	_____
06 Accountability | How Not to Be BAD	1 2 3 4	_____
07 Discipline | How Not to Be BAD	1 2 3 4	_____
08 Shame and Offense | Don't Sleep on the SOFA	1 2 3 4	_____
09 Fear and Anger | Don't Sleep on the SOFA	1 2 3 4	_____
10 Support and Trust | Be the Spouse Who Takes the First STEP	1 2 3 4	_____
11 Encourage and Pray | Be the Spouse Who Takes the First STEP	1 2 3 4	_____
12 Lead With Compassion. End With Vision.	1 2 3 4	_____

Overall closing score: _____ / 48 Baseline score: _____ / 48

NEXT SEASON REFLECTION

Choose What Belongs Next

After you complete the review, use these questions to choose one area or rhythm to carry forward. You can write a short phrase or talk it through together. The goal is one clear focus for the next season.

Reflection	Our Answer
What strengthened?	
What became clearer?	
What pressure remains?	
What habit must continue?	
What is our next thirty-day priority?	
Who needs to be part of the next season?	
FINAL INVITATION Lead with compassion. End with vision. Keep returning to Jesus. Practice the next faithful response. Then help another couple do the same.	

MARRIAGE COVENANT RENEWAL

A Shared Statement of Faithfulness

Use this page as a simple renewal of the covenant you have made before God. You may complete it privately, on an anniversary, with a trusted mentor couple, or after a meaningful season of repair and renewal. Do not use it to make promises you cannot honestly hold. Let it name the faithfulness you are choosing under Christ.

Our Covenant Before God

By the grace of God, we choose to protect our covenant, tell the truth, seek forgiveness, receive wise help, and keep returning to Jesus. We will use our words to build, our strength to serve, and our shared life to reflect the faithful love of Christ.

The covenant commitments we are renewing in this season:

_____

The one practice we will protect together:

_____

The people who will help us remain faithful:

_____

Husband: _____ Date: _____

Wife: _____ Date: _____

Trusted witness, pastor, mentor, or couple: _____ Date: _____

NOTES 01

Use the Space

Notes, prayer, conversation, reflection, Scripture observations, covenant review, and next steps.

NOTES 02

Use the Space

Notes, prayer, conversation, reflection, Scripture observations, covenant review, and next steps.

NOTES 03

Use the Space

Notes, prayer, conversation, reflection, Scripture observations, covenant review, and next steps.

NOTES 04

Use the Space

Notes, prayer, conversation, reflection, Scripture observations, covenant review, and next steps.