WORK PRIVATELY

Four Commitments

Read each commitment on your own. Consider what it would require of you, then make these commitments to your relationship. Give each one at least thirty seconds of thought before moving on.

01

REMEMBER THE COVENANT

I will remember that our marriage is a covenant. When tension rises, commitment will steady the way I think, speak, and act.

02

GIVE BEFORE I DEMAND

When something feels unfair, I will first ask what Christlike sacrifice should look like in me. I will offer kindness and service without waiting for my spouse to earn them.

03

HELP MY SPOUSE GROW

I will use my words, strength, influence, and example to make it easier for my spouse to become stronger in Christ. I will encourage more than I control and serve more than I criticize.

04

MAKE THE GOSPEL VISIBLE

I will remember that the gospel is being taught by the way I live at home. I want my spouse and those who watch our marriage to see the love of Christ in how I treat the person closest to me.

REFLECT PRIVATELY

Before We Discuss

Work on this privately and be prepared to discuss it in an upcoming conversation.

BEFORE WE TALK
Answer each question for yourself. Then, with a kind and considerate heart, note how you think your spouse might answer as well. Be prepared to listen and discover whether you understood them correctly.

FOR THE HUSBAND

1. When I compare the way I lead and love to Christ's love for the church, where am I strongest and where do I most need to grow?

2. Does my wife experience my strength as something that serves her good? What is one way I could nourish and cherish her better?

FOR THE WIFE

1. When I compare the spirit I bring to marriage with the church's response to Christ, where am I strongest and where do I most need to grow?

2. How can I show more respect, humility, gratitude, or willing support while still bringing my wisdom and concerns honestly?

OUR CROSS-SHAPED CHECK-IN

Rate yourself from 1 (needs growth) to 10 (consistently strong). Compare your answers with your spouse during the conversation.

Area to Consider	1	2	3	4	5	6	7	8	9	10
Covenant commitment	○	○	○	○	○	○	○	○	○	○
Self-giving sacrifice	○	○	○	○	○	○	○	○	○	○
Seeking spouse's good	○	○	○	○	○	○	○	○	○	○
Nourish and Cherish	○	○	○	○	○	○	○	○	○	○
Emulating Christ	○	○	○	○	○	○	○	○	○	○

Which one of these, if improved, will bring renewed love to my marriage?

PRACTICE TOGETHER

The Ten-Minute Conversation

Sit down together without distractions. Share what you wrote on Before We Discuss. Be mutually inquisitive, then use the four helps below to guide your conversation.

CONVERSATION STARTER

Each name one way your spouse already reflects something beautiful about Christ or the church. Be specific about what you see and why it matters to you.

01	**REMEMBER OUR COVENANT** Recall a hard time you walked through together. What helped you stay committed, and what did it teach you?
02	**THE HUSBAND'S PATTERN** Wife: name one way your husband's leadership or service makes you feel cared for. Then name one area where greater listening, tenderness, or sacrifice would help. Husband: listen first, then respond.
03	**THE WIFE'S PATTERN** Husband: name one way your wife's respect, support, wisdom, or humility strengthens you. Then express one way you would feel more respected or supported by your wife. Wife: listen first, then respond.
04	**WHAT ARE THEY LEARNING?** Think about your children and other people who see your home. What do you hope they learn about Christ and the church from watching your relationship? Choose one quality to make more visible this week.

ENDING QUESTIONS

What is one way I can make the love of Christ more visible to you this week?

What can we pray about together this week?

PRAY AND COMMIT

Live the Picture

COVENANT. SACRIFICE. WITNESS.

OUR PRAYER

Father, thank You for giving us Jesus and for showing us in Him what faithful love looks like. Help us remember our covenant and give ourselves for one another with humility and grace. Teach me to love my spouse with a willing heart, choosing their good even when it costs me something. Help me listen better, serve more willingly, and bring the spirit of Christ into our home. Help us learn from every part of the picture You have given us in Christ and the church. Let our children and the people around us see something true about the gospel in the way we treat one another. In Jesus' name, amen.

THIS WEEK WE WILL

- [ ] Husband: as Christ gave Himself for the church, choose one sacrifice you can make this week for your wife's good. Do it gladly, without seeking recognition.
- [ ] Wife: as the church responds to Christ with love, choose one meaningful way to show your husband that you value him and are committed to walking beside him.
- [ ] Together: name one quality you want your children and others to learn about Christ from your relationship, and practice it visibly this week.

THINGS I HAVE LEARNED ABOUT MYSELF AND MY SPOUSE