**WORK PRIVATELY**

# Four Commitments

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

**KEEP MY HEART OPEN**

01

I will let my spouse's burdens matter to me. I will resist dismissing a concern because it seems small or does not affect me in the same way. I want them to experience my compassion.

**MAKE MY CARE USEFUL**

02

I will ask what would help and be willing to act on the answer. I will give my concern something practical to do, take responsibility for what I promise, and follow through.

**WATCH THE MANNER OF MY LOVE**

03

I will examine my patience, kindness, tone, and motives. I will not use what I provide or do for our home to excuse harshness or pride. My spouse should feel respected when I help.

**SERVE WITH THE MIND OF CHRIST**

04

I will make room for my spouse's interests alongside my own. I will look for opportunities to serve, putting their needs ahead of my preferences when love calls for sacrifice.

**REFLECT PRIVATELY**

# Before We Discuss

*Work on this privately and be prepared to discuss 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 does my wife experience my best care? When might she receive less?

2. What could I do to share a burden my wife is carrying right now?

**FOR THE WIFE**

1. What burden might my husband be carrying that I have overlooked?

2. How could greater patience or kindness change the way I care for him?

**MY CARING LOVE CHECK-IN**

Rate your own practice from 1 (rarely) to 10 (consistently). Think about ordinary days and difficult moments. Be ready to discuss an example behind each answer.

| Area to Consider | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|
| Noticing my spouse's burdens | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Responding patiently and kindly | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Offering useful help | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Following through consistently | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

*Where does my care most resemble Jesus? Where does it need to grow?*

**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**

Think of a time your spouse recognized something you needed and responded with love. What did they do, and why did it matter to you?

| | |
|---|---|
| 01 | **LOOK FOR ROOM TO GROW**<br>Which check-in score from page 6 could be higher? Why is it lower than the others and how can your spouse help you grow in this area? |
| 02 | **MAKE ROOM FOR THE BURDEN**<br>What are you carrying that I may not fully understand? Listen before offering an answer, and ask what kind of care would help. |
| 03 | **EXAMINE HOW WE GIVE**<br>Read 1 Corinthians 13:4-7 together. Which quality would most improve the way we care for one another in ordinary moments? |
| 04 | **BRING THAT SAME CARE HOME**<br>Agree to treat one another with the care you would offer an older person at church. Bring that same patience, kindness, and concern home. |

**ENDING QUESTIONS**

What have I learned about the care my spouse needs from me?

What could make my love more patient, useful, or sincere?

What can we thank God for and ask Him to help us change?

**PRAY AND COMMIT**

# Let Our Love Become Care

COMPASSION. KINDNESS. HUMBLE SERVICE.

**OUR PRAYER**

Father, thank You for showing us love through Jesus. He saw our need and gave Himself for our good. Help us carry that love into the way we treat one another. Open our eyes to burdens we have overlooked and give us compassionate hearts. Give us patience with weakness, kindness in our words, and humility when our plans need to change. Forgive us for times we have offered help with resentment or used our service to demand something in return. Teach us to ask what is needed, listen to the answer, and follow through faithfully. Help us speak truth with tenderness and receive correction without pride. Let our actions show that we treasure one another. Strengthen the care that makes our marriage a place of trust, comfort, and shared responsibility. In Jesus' name, amen.

**THIS WEEK WE WILL**

- [ ] Share an area where we especially desire one another's care.
- [ ] Choose one quality from 1 Corinthians 13 each day and practice it intentionally.
- [ ] Check in about whether our needs are being met and we feel cared for.

**THINGS I HAVE LEARNED ABOUT MYSELF AND MY SPOUSE**