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.

01

LOOK AT MYSELF

I will ask God for His help right now and make a commitment to change one attitude or behavior that needs my attention.

02

OWN MY PART

I will acknowledge where I need to grow. I will own this without any reference to shortcomings in my spouse.

03

RECEIVE CORRECTION

I will ask my spouse where I need to improve and listen carefully. It is better to ask and hear the answer than wait until they feel they must tell me.

04

MAKE ONE CHANGE

I will not fear the words 'I'm sorry.' I use them with God daily, and I want my family to know that admitting wrong is part of growing in faith and at home.

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. Where do I excuse my own behavior while noticing my wife's shortcomings?

2. What personal change would help me become a more faithful spouse?

FOR THE WIFE

1. Where do I focus on my husband's weaknesses instead of examining my own?

2. What personal change would help me become a more faithful spouse?

OUR SELF-EVALUATION 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
Willingness to admit wrong	○	○	○	○	○	○	○	○	○	○
Taking responsibility	○	○	○	○	○	○	○	○	○	○
Receiving feedback humbly	○	○	○	○	○	○	○	○	○	○
Following through on change	○	○	○	○	○	○	○	○	○	○

If I was the catalyst for a better marriage, where would I start?

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

Share one quality you appreciate in each other. Then each admit one thing about yourself you want to change because you believe it will strengthen your marriage.

01	**BEGIN WITH ME** When the conversation turns to improvement, speak only about yourself.
02	**LISTEN WITH HUMILITY** Ask how you can improve and listen carefully and without immediate defense.
03	**BE SPECIFIC** Name one practical behavior you are praying about and focusing on this week.
04	**ENCOURAGE** Reassure your spouse that you will be patient, and humbly ask for it in return.

ENDING QUESTIONS

What do we understand more clearly about ourselves and one another?

How can we help one another make progress this week?

What can we pray for in one another this week?

PRAY AND COMMIT

Begin With Me

LET HUMILITY LEAD THE WAY.

OUR PRAYER

Father, thank You for Your patience and mercy. Thank You for marriage, for the good we see in each other, and for every opportunity to grow. We are grateful that You do not give up on us when we fall short. Bless us as we seek to communicate more productively, listen carefully, and speak with kindness. Give me an honest heart to admit my failures without excuses or pointing to my spouse. Teach us to forgive, make needed changes, and draw closer to You and one another. Fill our home with grace and hope. In Jesus' name, amen.

THIS WEEK WE WILL

- [ ] Ask what I need to change before criticizing my spouse.
- [ ] Admit one mistake plainly and without an excuse.
- [ ] Choose one measurable act of growth and practice it.

THINGS I HAVE LEARNED ABOUT MYSELF AND MY SPOUSE