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

START WITH HARMONY

When tension rises, I will begin by identifying what we already agree on. I will use that common ground to help us move toward the harder questions as a team.

02

PRACTICE SYMPATHY

Before defending my position, I will try to understand my spouse's experience. I will listen for what they are feeling and make sure they feel understood.

03

BRING MY BEST CHARACTER HOME

I will not give strangers, friends, or respected Christians more patience and grace than I give my spouse. I will bring kindness, humility, and blessing into our home.

04

CARRY ONE QUALITY

Each morning this week I will choose one of Peter's six qualities. I will pray about it, stay mindful of it, and look for ways to engage my spouse with that quality in mind.

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. Which of Peter's six qualities comes most naturally to me, and which one is hardest for me to practice at home?

2. Which quality would help our marriage most if I practiced it more?

FOR THE WIFE

1. Which of Peter's six qualities is a strength in the way I treat my husband, and which needs more attention?

2. Which quality could I show more often to strengthen our life together?

OUR MORTAR 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
Harmonious	○	○	○	○	○	○	○	○	○	○
Sympathetic	○	○	○	○	○	○	○	○	○	○
Brotherly love	○	○	○	○	○	○	○	○	○	○
Kindhearted	○	○	○	○	○	○	○	○	○	○
Humble in spirit	○	○	○	○	○	○	○	○	○	○
Giving a blessing	○	○	○	○	○	○	○	○	○	○

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 of Peter's six qualities that you already see clearly in your spouse. Then name one quality you believe could strengthen your marriage if both of you practiced it more intentionally.

01	**FIND COMMON GROUND** Choose one recurring issue. Before discussing the difficult part, name two things you already agree on. How does starting there change the tone of the conversation?
02	**EMULATING THE GOOD** Recognize one of your spouse's most helpful qualities. What would it look like for you to be more like that in marriage?
03	**CHANGE THE TEMPERATURE** Think of one recent tense moment. Which quality - kindness, humility, or giving a blessing - could have changed what happened next?
04	**DAILY QUALITY CHALLENGE** Each day this week, choose one of the six qualities to feature in your marriage. You may want to guess each night what the other chose.

ENDING QUESTIONS

Which of these six qualities makes you feel most loved when I show it?

What can we pray about together this week?

PRAY AND COMMIT

Fill the Gaps

CHARACTER. CONNECTION. PEACE.

OUR PRAYER

Father, thank You for giving us clear instruction for marriage and for showing us the character that makes those truths beautiful in daily life. Help us be harmonious, sympathetic, loving, kindhearted, humble, and ready to bless instead of retaliate. Teach us to speak carefully, do what is good, and pursue peace. Help us look more like Jesus in the way we treat one another, especially in the difficult moments. Use these qualities to fill the gaps between us and strengthen the home we are building. In Jesus' name, amen.

THIS WEEK WE WILL

- [ ] Each morning, choose one of Peter's six qualities. Pray about it before the day begins and carry it intentionally into the marriage.
- [ ] When tension comes, begin with common ground and seek to understand before defending or reacting.
- [ ] At the end of the week, tell one another which quality made the greatest difference and which one you want to keep strengthening.

THINGS I HAVE LEARNED ABOUT MYSELF AND MY SPOUSE