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.

STAND AGAINST SIN

01

What sinful attitude or behavior in me leads us away from God? I will name it honestly, confess it to God, and begin removing it instead of defending it.

STACK EASY WINS

02

I will ask for my spouse's thoughts and advice in ordinary decisions this week. I want consultation and agreement to become normal before pressure makes them necessary.

TALK PRIVATELY FIRST

03

When an issue involves children, family, friends, work, money, or responsibilities, I will talk with my spouse privately before outside voices shape the issue.

STAND TOGETHER

04

Once we have talked, found common ground, and made a decision, I will support our decision with others and refuse to let anyone turn us against one another.

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. What most often gets between my wife and me: sin in me, daily pressure, or another person's influence?

2. When would more private discussion and a united response help our marriage most?

FOR THE WIFE

1. What attitude or outside pressure am I allowing to come between my husband and me, or pull us away from God?

2. Where could talking privately first help us face a difficult situation as a team?

OUR TEAMWORK 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
Removing sin quickly	○	○	○	○	○	○	○	○	○	○
Consulting each other often	○	○	○	○	○	○	○	○	○	○
Talking privately first	○	○	○	○	○	○	○	○	○	○
Standing Together in Public	○	○	○	○	○	○	○	○	○	○

What is the best thing we can improve to be on the same page more often?

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 ordinary moment when your spouse included you in a decision or asked for your input. Why did that matter to you?

01	**CLEAR THE SIN** Ask one another: Is there anything I can work on so that my influence on us does not move us in the wrong direction?
02	**NAME THE PRESSURE** Commit to forgive one another and support one another so you can turn your attention to handling external issues.
03	**FIND COMMON GROUND** Can we agree to talk privately before announcing our position on things that affect our lives and family?
04	**STAND TOGETHER** Discuss specific people who divide us and decide how to handle them together.

ENDING QUESTIONS

What easy win can we practice this week to strengthen our habit of teamwork?

Where can we begin building new habits in an area that has been a recurring source of discord?

What can we pray about together this week?

PRAY AND COMMIT

Us Against The World

ONE FLESH. ONE TEAM. ONE DIRECTION.

OUR PRAYER

Father, You are the One who joins husband and wife, and Jesus taught us not to let anyone separate what You have joined. Thank You for making marriage a covenant of loyalty, love, and shared life. Help us stand together against sin, beginning with whatever needs to change in each of us. Give us patience in the ordinary pressures of work, children, money, family, friends, and responsibilities. Teach us to consult one another, listen well, find common ground, and practice unity before the hard moments come. When we need counsel, lead us toward wisdom that produces truth, repentance, repair, and greater faithfulness. Guard us from pride, secrecy, resentment, and any influence that would turn us against one another. Make us one in purpose and faithful in love. In Jesus' name, amen.

THIS WEEK WE WILL

- [ ] Deal honestly with one attitude or behavior that is working against our unity.
- [ ] Stack easy wins by asking for one another's input in ordinary choices.
- [ ] Address a serious issue and how supporting each other can make it easier to handle.

THINGS I HAVE LEARNED ABOUT MYSELF AND MY SPOUSE