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.

BEGIN WITH GOD

01

I will give God focused attention before other demands take over. I will choose time to hear His Word and speak to Him, then carry that awareness into the rest of my day.

MY FIRST TWO GREEN CHECKS

02

I will give God and my spouse my first attention each day. These will be my first two green checks: connecting with Him and with the person beside me before the day takes over.

TURN TOWARD MY SPOUSE

03

I will give my spouse attention that makes my priorities clear. I will put distractions aside, listen with interest, and make room to enjoy the life we share together.

STAY CONNECTED THROUGH THE DAY

04

I will remember my spouse as the afternoon gets busy. I will check in, share what is happening, and ask how I can help, so we keep working together even when we are apart.

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 draws my attention away from God? How can I turn back to Him?

2. When might my wife feel less important than my next task? What could I change?

FOR THE WIFE

1. When does God receive my leftover attention? What would help me refocus?

2. Where might my husband feel overlooked? How can I show that he is a priority?

OUR ATTENTION 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
Giving God direct attention	○	○	○	○	○	○	○	○	○	○
Identifying my spouse's needs	○	○	○	○	○	○	○	○	○	○
Initiating affection through action	○	○	○	○	○	○	○	○	○	○
Following through consistently	○	○	○	○	○	○	○	○	○	○

What would change daily if you first checked in with God and your spouse?

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

When has your spouse's focused attention helped you feel important? Describe what they did and why that moment meant something to you.

01	**NOTICE THE PATTERN** Share a part of the day when you are near one another but your attention is elsewhere. How could that moment become a chance to connect?
02	**START BY TURNING TOWARD GOD** What practice helps you give God deliberate attention? How could that same practice become a valuable part of your marriage?
03	**GIVE YOUR SPOUSE THAT ATTENTION** Consider beginning the day, staying in touch, making plans, and reconnecting. Which would most help your spouse feel like a priority? Ask them why.
04	**STEAL A MOMENT TO CONNECT** Steal a moment to connect with your spouse. An unexpected text, kind gesture, or brief touch can say that they are on your mind and have not been forgotten.

ENDING QUESTIONS

What would help each of us feel remembered during a busy day?

How will we know our new practice is helping us connect?

What can we pray about together this week?

PRAY AND COMMIT

Bring Love Into Focus

BEGIN WITH GOD. CARRY HIS CARE HOME.

OUR PRAYER

Father, help us give You the attention You deserve. Forgive us for giving everything else our attention. Teach us to turn toward You with purpose, to hear Your Word, and to speak honestly in prayer. Show us the joy and reward of fellowship with You. Let knowing You shape how we live throughout the day. Help us bring that same deliberate care into our marriage. May our spouse know they have a special place in our lives. Teach us to listen, remember what matters, and reach out even when we are apart. Give us the joy of discovering one another again. Help us ask whether our love is being felt and welcome an honest answer with humility. As we examine our love for You, let Your Word show us where we need to grow. May both our worship and our marriage receive more than leftover attention. In Jesus' name, amen.

THIS WEEK WE WILL

- [ ] Practice acknowledging the presence of God every day.
- [ ] Apply those same habits of thought and action to your spouse.
- [ ] Ask God and your spouse if they feel loved. Welcome an honest answer.

THINGS I HAVE LEARNED ABOUT MYSELF AND MY SPOUSE