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.

BRING MY DISCOURAGEMENT TO GOD

01

I will bring my discouragement to God instead of waiting until I feel hopeful. I will ask Him to restore my willingness and help me be faithful while I learn to trust Him with what comes next.

HONOR THE COVENANT

02

I will remember the promises I made before God. When my feelings are uncertain, I will let that covenant remind me why this person and our life together deserve my continued care.

NOTICE AND NAME THE GOOD

03

I will look for good in my spouse that I have stopped noticing. I will name it, receive it with gratitude, and give those strengths room to grow in the marriage we are rebuilding together.

MAKE ROOM FOR HOPE

04

I will make room for a better future with my spouse. I will choose a small way to draw closer each day and give those efforts time to help us believe in our marriage again.

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 has made it hard for me to believe our marriage can become better?

2. What do I still value in my wife that I want to help grow between us?

FOR THE WIFE

1. Where have I begun to lose hope? What do I need to bring honestly to God?

2. What good in my husband gives me a reason to keep building our life together?

OUR WAY FORWARD CHECK-IN

Rate each area from 1 (needs attention) to 10 (a clear strength). Star the two that most need attention. Compare your answers without correcting one another.

Area to Consider	1	2	3	4	5	6	7	8	9	10
Turning toward God together	○	○	○	○	○	○	○	○	○	○
Noticing and naming the good	○	○	○	○	○	○	○	○	○	○
Fearlessly Embracing Hope	○	○	○	○	○	○	○	○	○	○
Making room to enjoy one another	○	○	○	○	○	○	○	○	○	○

What would help me believe that we can enjoy being close again?

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

Before discussing desperation or the urge to give up, each name at least three things going well in your marriage. Tell your spouse why these things matter to you.

01	**TURN TOWARD GOD** Where have we lost hope? Bring that honestly to God and ask Him to help us want to begin again, even while we are unsure of what comes next.
02	**REMEMBER WHAT WE PROMISED** What did we hope to give each other when we married? Which part of that promise helps you remember why our life together is worth caring for?
03	**PICTURE ONE YEAR FROM TODAY** Picture enjoying life together again. What would help each of us feel wanted and close? Describe an ordinary day in that better marriage.
04	**MAKE ROOM TO DRAW CLOSER** Choose one shared goal that helps us draw closer. Make room for it each day, and talk each week about what is helping us enjoy one another again.

ENDING QUESTIONS

What have I stopped believing is possible for our marriage?

What effort from you would help me believe we are beginning again?

What good in our marriage do I want to help grow?

PRAY AND COMMIT

Take the Next Faithful Step

HUMILITY. GRATITUDE. HOPE. FOLLOW-THROUGH.

OUR PRAYER

Father, thank You for the life we have shared and for the good that is still here. You know the disappointments we carry and how hard it can be to believe things will get better. Please restore hope in our marriage. Help us bring our tired hearts to You without pretending. Give us humility to receive Your help and see our part in needful changes. Remind us of the promises we made before You. Open our eyes to good in each other that we have stopped receiving with gratitude. Teach us to forgive as You have forgiven us, and give us patience as trust is rebuilt. Help us want to be close again. Let us receive sincere efforts with gratitude and find joy in being together. Give us courage to picture a better marriage and willingness to begin with what we can do today. May we look back with thanksgiving that we kept turning toward You and one another. In Jesus' name, amen.

THIS WEEK WE WILL

- [ ] Tell God honestly where hope is weak and ask for His help.
- [ ] Name a strength in our marriage and make room to enjoy it.
- [ ] Practice one daily way to draw closer and notice what it brings.

THINGS I HAVE LEARNED ABOUT MYSELF AND MY SPOUSE