

# Goals for your marriage

## Couple Goals

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- Goals

- Help build unity in your marriage.
- Bring clarity in expectations.

- Short term - 3 months
- Intermediate - 3 months to 2 years
- Long term - 2 years and beyond

### **Proverbs 16:3**

Commit to the Lord whatever you do, and he will establish your plans.

# Build on your strengths

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Imagine someone gives you a gift, and they can hardly contain their excitement for you.

God has given you a set of gifts. They are your strengths. 1 Corinthians 12

They may not be quickly apparent to you. This test helps you understand your talents and strengths in a very meaningful way:

Strengths Finder 2.0

## EXECUTING

## INFLUENCING

## RELATIONSHIP BUILDING

## STRATEGIC THINKING

4 Achiever	13 Discipline	29 Activator	33 Maximizer	32 Adaptability	17 Includer	1 Analytical	12 Input
23 Arranger	5 Focus	18 Command	22 Self-Assurance	15 Connectedness	28 Individualization	6 Context	8 Intellection
9 Belief	3 Responsibility	31 Communication	14 Significance	11 Developer	30 Positivity	10 Futuristic	16 Learner
20 Consistency	2 Restorative	25 Competition	34 Woo	26 Empathy	21 Relator	7 Ideation	27 Strategic
19 Deliberative				24 Harmony			

# From This Moment...

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Over-communicate & Under-assume

Thermostat over Thermometer

Engagement over Attendance

Serve over Take

Listen/Ask over Speak

Community over Isolation

Mentoring

## Couple Goals

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.'

**Mark 12:30-31a**

- **Mental** – reading, brain puzzles, board games, learning new subject goals
- **Spiritual** – devotional, memorization, prayer goals
- **Physical** – exercise, diet, relaxation goals
- **Family** – time together working and having fun, dating, one-on-one time
- **Financial** – saving, giving, spending, paying off debt goals
- **Personal/social** – meeting new people, limits on commitments, mentoring, volunteering
- **Career** – plans, certifications, other development goals

# Highlights

## Effective Communication

Timing tone technique and truth. The daily 5 A's: Affirmation, Affection, Apology, Ask, Amen

## Knowing Each Other & Family of Origin

Personality types, Family background

## Resolving Conflict & Managing Anger

Fight to win, loving confrontation, withdrawal, Peacemaker

## Biblical Blueprint for Your Marriage

God designed marriage. Triangle with God at the top and spouses at the base.

## Roles & Responsibilities

Submitting to each other in Christ with love and respect

## Parenting

More is caught than taught. Example who you want your kids to be. Be unified in parenting.

## The Five Love languages

Words of affirmation, gifts, physical touch, acts of service, quality time

## Sexual Intimacy

God's design for marital intimacy.

## Finances

Money is a tool we can use for God's glory; we're on the same team.

# The Power of Encouragement

Page 61 in your book

**Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.**

**Philippians 4:8**

# You are the strongest influence with your significant other.

Will you use your strength to  
**build up** or tear down?

