



Couple Work

Making Big Decisions as a Married Couple – The Center for Healthy Relationships

1. Purpose

1. Meditate & discuss Hebrews 10:10; Matt. 22:36-40; Gal. 5:13; Eph. 5:21; Matt. 23: 11-12
2. Using these Bible verses and others, craft a purpose statement for your marriage:

The purpose of the union of our lives is _____

2. Discerning God's Will

1. List the decisions that we are seeking to discern God's will.
2. What discernment practices do we presently utilize regularly?
3. What discernment practices could we add that would help us better recognize the voice of our Shepherd?

Establish Your Marriage Values: These will help to guide your big decisions.

56 Common Values

- | | | | |
|-------------------------------------|------------------------------------|--------------------------------------|--|
| <input type="radio"/> Achievement | <input type="radio"/> Excellence | <input type="radio"/> Intelligence | <input type="radio"/> Perseverance |
| <input type="radio"/> Adventure | <input type="radio"/> Faithfulness | <input type="radio"/> Intentionality | <input type="radio"/> Purity |
| <input type="radio"/> Authenticity | <input type="radio"/> Family | <input type="radio"/> Joy | <input type="radio"/> Relationship |
| <input type="radio"/> Beauty | <input type="radio"/> Forgiveness | <input type="radio"/> Justice | <input type="radio"/> Respect |
| <input type="radio"/> Camaraderie | <input type="radio"/> Fun | <input type="radio"/> Kindness | <input type="radio"/> Resourcefulness |
| <input type="radio"/> Community | <input type="radio"/> Generosity | <input type="radio"/> Knowledge | <input type="radio"/> Responsibility |
| <input type="radio"/> Compassion | <input type="radio"/> Gentleness | <input type="radio"/> Leadership | <input type="radio"/> Security |
| <input type="radio"/> Competence | <input type="radio"/> Gratitude | <input type="radio"/> Legacy | <input type="radio"/> Service |
| <input type="radio"/> Courage | <input type="radio"/> Growth | <input type="radio"/> Love | <input type="radio"/> Faith/Spirituality |
| <input type="radio"/> Creativity | <input type="radio"/> Health | <input type="radio"/> Loyalty | <input type="radio"/> Strength |
| <input type="radio"/> Dependability | <input type="radio"/> Hospitality | <input type="radio"/> Mercy | <input type="radio"/> Stability |
| <input type="radio"/> Encouragement | <input type="radio"/> Humility | <input type="radio"/> Nurture | <input type="radio"/> Trust |
| <input type="radio"/> Enthusiasm | <input type="radio"/> Innovation | <input type="radio"/> Obedience | <input type="radio"/> Unity |
| <input type="radio"/> Equality | <input type="radio"/> Integrity | <input type="radio"/> Optimism | <input type="radio"/> Wisdom |

Husband's Values

Common Values

Wife's Values



Couple Work

Set goals aligned with and that show the importance of your common purpose and values.

Our Marriage Goals:

One-Year Goals (to be assessed monthly or quarterly):

- 1.
- 2.
- 3.
- 4.
- 5.

Five-Year Goals (to be assessed and adjusted annually):

- 1.
- 2.
- 3.
- 4.
- 5.

Ten-Year Goals (to be assessed and adjusted annually):

- 1.
- 2.
- 3.

A Basic Decision-Making Process:

1. Identify the decision:
 - a. the scope so you don't make the decision a bigger thing than it is, or over-look things
 - b. the impact on people, finances, careers, your faith, your relationships
2. Collect relevant information: both internally (self) and from external sources; include God
3. Consider alternatives: seek input from others, brainstorm possibilities, pray for creativity
4. Evaluate the consequences of each alternative: the potential outcomes, risks and rewards. Use your purpose, values and Bible-centered principles. Pray for discernment, the Spirit's leading and peace.
5. Take action: implement the decision. This could be to stop, wait or go.
6. Some time later review the decision: what important lessons has God taught you through the entire decision-making process and the consequences; about yourself, about you as a couple, about others and your world?

If You're Stuck Consider:

1. If decision must be made, pray and go with the spouse who is in the best place to make the decision.
2. Wait if you can. Take a break. Pray. Journal. Go for a walk / retreat.
3. Be curious. Take turns telling each other what you think is good about the other's values and reasons.
4. Consider progress, not perfection. Can a small step be made.