

# MARRIAGE JOURNAL

*Getting*  
**STARTED**

Learning how to connect, communicate, and grow in love with each other will help cultivate healthy and strong marriages. Through this resource, we have envisioned for you to find time each week to connect with your spouse/fiancé, read the scripture, and ask each other intentional questions (could be 5 minutes or 30 minutes). We are believing that through this process you will see your relationship grow and build a stronger foundation of communication, unity, and integrity. Even as a Small Group Leader, this is a tool that you could talk about with your Small Group.

Here are a couple of quick tips on how to start utilizing this journal:

- Designate a consistent time and day of the week that works for you and your spouse/fiancé.
- Read the verse together.
- Take turns asking one another the questions and recording the responses.
- Once you complete the questions, pray for one another.
- See your love story grow!

We love you and are praying blessings for your family this year!

## Additional Resources



### **GET CONNECTED IN A SMALL GROUP**

We are all made to live in community with others, and the best way to find that at New Life is to get in a Small Group! No matter what stage of life you're in, or what type of group best fits your needs, there's a group to encourage you and help you grow. Visit our Small Groups Directory for both in-person and online options, and find your Small Group today!



### **TAKE OUR ONE-YEAR CHALLENGE**

We believe that if you dedicate one year to going all-in, God will transform your life!

“All-in” includes attending services, Saturday Morning Prayer, the Growth Track, 21 Days of Prayer & Fasting, and other events and conferences.



### **READ THE ONE YEAR BIBLE**

Learn more about God's Word by reading the Bible daily. Through the One Year Bible, you will be given a daily Bible reading, as well as a short devotional.



### **START ATTENDING SUNDAY SERVICES REGULARLY**

It's important to be plugged in to a church with other believers. We would love for you to call New Life home and invite you to join us regularly. If you would like to become a partner at New Life, contact us to complete Growth Track.

## *Next Steps*

### **GET WATER BAPTIZED**

This is an important step of obedience that shows others you have personally trusted Jesus with your salvation. We believe that water baptism is a public declaration of three important things: you are a follower of Jesus Christ, you are beginning a changed life in Christ, and you are part of a new family.

### **COMPLETE THE GROWTH TRACK**

The Growth Track is designed to help you discover your redemptive purpose and live the full life God created for you.

### **ADDITIONAL RESOURCES**

<http://newlifesa.net/marriage-conference-resources>

*From This Day Forward* by Craig and Amy Groeschel

*Marriage on the Rock* by Jimmy Evans

*Our Secret Paradise* by Jimmy Evans

*Five Love Languages* by Gary Chapman

*Love Talk* by Les and Leslie Parrot

*Love and Respect* by Emmerson Eggerich

*Table of*  
**CONTENTS**

- 08**     Week One—*Mark 10:9*
- 12**     Week Two—*Ecclesiastes 4:9*
- 16**     Week Three—*Ephesians 4:3*
- 20**     Week Four—*Romans 12:1-2*
- 24**     Week Five—*Colossians 2:7*
- 28**     Week Six—*Philippians 4:6-8*
- 32**     Week Seven—*1 Peter 3:8*
- 36**     Week Eight—*Romans 15:13*
- 40**     Casting Vision

Therefore  
what God has  
*joined together,*  
let no one  
*separate.*



*Mark 10:9*

## Week One

\_ / \_ / \_

1

What does your schedule look like this week?  
Is there anything you need help with?

2

What has brought you joy this week?

3

What is something that was difficult this week?

4

What is one thing I can do for you this week?

— / — / —

5

Is there any conflict or hurt that we need to resolve and/or seek forgiveness for?

6

What is a hope, desire, or dream that has been on the forefront of your mind?

7

How can I pray for you this week?

*Two are better*  
than one,  
because they  
have a *good*  
return for  
their labor.

*Ecclesiastes 4:9*

## Week Two

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1

What does your schedule look like this week?  
Is there anything you need help with?

2

What has brought you joy this week?

3

What is something that was difficult this week?

4

What is one thing I can do for you this week?

— / — / —

5

Is there any conflict or hurt that we need to resolve and/or seek forgiveness for?

6

What is a hope, desire, or dream that has been on the forefront of your mind?

7

How can I pray for you this week?

Make *every*  
*effort* to keep  
the *unity* of the  
Spirit through  
the *bond of peace*.



*Ephesians 4:3*

## Week Three

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1

What does your schedule look like this week?  
Is there anything you need help with?

2

What has brought you joy this week?

3

What is something that was difficult this week?

4

What is one thing I can do for you this week?

*Ephesians 4:3*

\_ / \_ / \_

5

Is there any conflict or hurt that we need to resolve and/or seek forgiveness for?

6

What is a hope, desire, or dream that has been on the forefront of your mind?

7

How can I pray for you this week?

Therefore, I urge you,  
brothers and sisters, in view  
of God's mercy, to offer your  
bodies as a living sacrifice,  
*holy and pleasing to God*—  
this is your true and  
proper worship.

Do not conform to the  
pattern of this world, but be  
*transformed* by the renewing  
of your mind. Then you will  
be able to test and approve  
what God's will is—His good,  
*pleasing and perfect will*.

*Romans 12:1-2*

## Week Four

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1

What does your schedule look like this week?  
Is there anything you need help with?

2

What has brought you joy this week?

3

What is something that was difficult this week?

4

What is one thing I can do for you this week?

— / — / —

5

Is there any conflict or hurt that we need to resolve and/or seek forgiveness for?

6

What is a hope, desire, or dream that has been on the forefront of your mind?

7

How can I pray for you this week?

Let your roots  
grow down into  
Him, and let your  
*lives be built on*  
*Him*. Then your  
faith will *grow*  
*strong in the truth*  
you were taught,  
and you will  
overflow with  
*thankfulness*.



*Colossians 2:7 (NLT)*

## Week Five

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1

What does your schedule look like this week?  
Is there anything you need help with?

2

What has brought you joy this week?

3

What is something that was difficult this week?

4

What is one thing I can do for you this week?

— / — / —

5

Is there any conflict or hurt that we need to resolve and/or seek forgiveness for?

6

What is a hope, desire, or dream that has been on the forefront of your mind?

7

How can I pray for you this week?

Do not be anxious about anything, but in every situation, by *prayer* and *petition*, with thanksgiving, present your requests to God. And the *peace of God*, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 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 4:6-8*

## Week Six

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1

What does your schedule look like this week?  
Is there anything you need help with?

2

What has brought you joy this week?

3

What is something that was difficult this week?

4

What is one thing I can do for you this week?

*Philippians 4:6-8*

— / — / —

5

Is there any conflict or hurt that we need to resolve and/or seek forgiveness for?

6

What is a hope, desire, or dream that has been on the forefront of your mind?

7

How can I pray for you this week?

Finally, all of you,  
*be like-minded,*  
be sympathetic,  
love one another,  
be compassionate  
and humble.



*1 Peter 3:8*

## Week Seven

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1

What does your schedule look like this week?  
Is there anything you need help with?

2

What has brought you joy this week?

3

What is something that was difficult this week?

4

What is one thing I can do for you this week?

— / — / —

5

Is there any conflict or hurt that we need to resolve and/or seek forgiveness for?

6

What is a hope, desire, or dream that has been on the forefront of your mind?

7

How can I pray for you this week?

May the God  
of hope fill you  
with all joy and  
peace as you *trust*  
*in Him*, so that  
you may *overflow*  
with *hope* by the  
power of the Holy  
Spirit.

*Romans 15:13*

## Week Eight

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1

What does your schedule look like this week?  
Is there anything you need help with?

2

What has brought you joy this week?

3

What is something that was difficult this week?

4

What is one thing I can do for you this week?

— / — / —

5

Is there any conflict or hurt that we need to resolve and/or seek forgiveness for?

6

What is a hope, desire, or dream that has been on the forefront of your mind?

7

How can I pray for you this week?

## Casting Vision



### **ONE YEAR GOALS**

*List specific goals for your family to work towards this year.*



### **FIVE YEAR GOALS**

*Where do you want to be five years from now?*



## Casting Vision



### **FAMILY VALUES**

*Define a few core principles, practices, and priorities you hold for your family.*



### **SPIRITUAL NEXT STEPS AS A COUPLE**

*What is our next step as a couple to grow closer to Jesus?*

For example - attending church weekly, joining or leading a Small Group, serving at an outreach project, serving at your local campus, reading the Bible together consistently, etc.

