

SESSION 4: V - VISION Supplemental Handout

Developing a Strategic Plan:

1. Align Your Thinking (Reflect His Image)

Every marriage challenge starts in the mind.

If your thinking is misaligned, your marriage will be misaligned.

Example:

- Thought: “My spouse is against me” → leads to defensiveness
- Truth: “We are on the same team” → leads to unity

The Plan:

“...Take every thought captive...” (2 Corinthians 10:5)

Action Steps:

- Pause before reacting—ask: *Is this thought true, helpful, and God-honouring?*
- Replace criticism with curiosity: *“Help me understand what you meant.”*
- Speak life intentionally, even when emotions are high

2. Align Your Actions (Multiply His Goodness)

What you *do consistently* is what you are building.

If your purpose is to multiply God’s goodness, your marriage must reflect:

- Love
- Respect
- Service
- Unity

Example:

- Value “Oneness” over “Being Right” → choose resolution over winning
- Value “Love” → serve even when it’s inconvenient

The Plan:

Turn values into **visible actions**.

Action Steps:

- Daily: One intentional act of love or encouragement
- Weekly: Set time to connect (not just coexist)
- In conflict: Ask, *“What builds us, not just proves me right?”*

3. Align Your Habits (Extend His Influence)

Your habits determine the culture of your marriage—and that culture impacts others.

You extend God’s influence through **consistent patterns**.

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Example:

- A home marked by prayer, peace, and respect becomes a testimony to others
- A marriage rooted in unity influences children, community, and legacy

The Plan:

Identify and replace patterns that weaken connection.

Action Steps:

- Identify 1–2 negative patterns (e.g., shutting down, defensiveness, avoidance)
- Replace with intentional habits (e.g., prayer together, weekly check-ins)
- Create a simple rhythm:
 - Daily: Connection or prayer
 - Weekly: Marriage check-in
 - Monthly: Realign vision and priorities