

## **SESSION 5: E-Encouragement Homework**

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### **Weaving Strength Into Your Marriage Through God-Centered Encouragement**

“A threefold cord is not quickly broken.” Eccl 4:12 (ESV)

#### **1. Reflecting on the Invisible Weight**

“Bear one another’s burdens, and so fulfill the law of Christ.” Gal 6:2 (ESV)

What invisible weight are you carrying, and what emotion sits beneath it? How has it affected your presence or connection?

What type of encouragement would lift this weight? What one practical support can your spouse offer this week to help?

#### **2. Understanding Your Resistance**

“Be transformed by the renewal of your mind.” Rom 12:2 (ESV)

Which type of encouragement is hardest for you to receive, and why? What internal message rises up when your spouse tries to encourage you?

What Scripture truth can replace that message? What is one step toward openness you can practice this week (e.g., pausing before reacting, receiving without minimizing, expressing appreciation)?

#### **3. Identifying Your Encouragement Strength**

“Anxiety in a man's heart weighs him down, but a good word makes him glad.” Prov 12:25 (ESV)

Which type of encouragement comes naturally to you? How does it shape the emotional tone of your marriage?

Put your encouragement strength into action this week through one intentional, observable behavior that strengthens your spouse emotionally, spiritually, or practically.

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### **4. Seeing Your Spouse through Spiritual Discernment**

"Let us consider how to stir up one another to love and good works." Heb 10:24 (ESV)

Where do you sense your spouse is quietly struggling? What do they need most right now?

What one Spirit-led encouragement action will you take this week to communicate: "You're not alone. I'm with you"?

### **5. Developing Your Awareness (The Observation Skill)**

"Let each of you look not only to his own interests, but also to the interests of others." — Phil 2:4

True encouragement requires the skill of active observation. On a scale of 1 to 10 (10 being perfect awareness), how would you rate your own ability to notice when your spouse is carrying a heavy weight? Now, rate how aware you feel your spouse is when you are reaching your limit. Compare your scores and gently discuss: What is one practical thing we can each do to sharpen our observation skills and read each other's signals more accurately?

### **6. Practicing the Covenant Shift — Encouragement When It Costs You Something**

"Walk in love, as Christ loved us and gave himself up for us." Eph 5:2 (ESV)

Recall a moment when you didn't feel like encouraging your spouse. What emotion or unmet need was underneath your resistance?

What would a covenant-driven response look like in that moment? What sacrificial encouragement can you offer this week?

### **7. Creating a Personal Encouragement Expression**

"A joyful heart is good medicine." Prov 17:22 (ESV)

What is one creative or meaningful way you could bring joy or lightness to your spouse this week? What is one "super-power" your spouse has in the way they encourage, comfort, or uplift you?

Choose one joy-giving expression to offer your spouse this week (e.g., a shared laugh, a thoughtful note, a moment of closeness, a small act of service, or a prayer spoken over them).