



The Marriage Mirror

Discussion Guide

Guiding Wisdom for Our Marriage Mirror

Listening (The Foundation)	• “Everyone should be quick to listen, slow to speak, and slow to become angry.” (James 1:19) • “Listen carefully before you answer.” (Proverbs 18:13) • “Listen to advice and accept instruction, that you may gain wisdom for the future.” (Proverbs 19:20)
Speaking (The Expression)	• “Kind words are like honey – sweet to the soul and healthy for the body.” (Proverbs 16:24) • “A gentle answer will calm a person’s anger, but an unkind answer will cause more anger.” (Proverbs 15:1) • “Your speech should always be gracious and sprinkled with insight so that you may know how to respond to every person.” (Colossians 4:6)
Environment (The Setting)	• “The right word spoken at the right time is as beautiful as gold apples in a silver bowl.” (Proverbs 25:11) • “Let no harmful word come out of your mouth, but only what is beneficial for building others up according to the need, so that it gives grace to those who hear it.” (Ephesians 4:29) • “Life is short, and you love your wife, so enjoy being with her.” (Ecclesiastes 9:9)

Advance Preparation

Complete these three steps *before* meeting to review your assessments:

1. **Choose the Time and Place:** Select a time and place where you will be uninterrupted for 45 minutes to review and compare your assessments.
2. **Collect Compliments:** In advance, collect at least five genuine compliments you will give your partner. Focus on positive attributes, behaviors, and recent actions.
3. **Prepare Your Mindset:** Remember, the ultimate goal of this conversation is to foster harmony, goodwill, and transformation—not to critique or assign blame. Commit mentally and emotionally to approaching the discussion with humility and curiosity. Your sole purpose is to understand your partner's perspective, not to defend your own.

Our Discussion Covenant

Our Commitment: We affirm that this covenant creates a safe, loving space for growth—not judgment. Our partner is our "mirror," revealing blind spots and strengths. We trust God to transform our marriage through this conversation!

Why We Commit

1. Prioritize our relationship.
2. Feel valued, loved, and heard.
3. Ignite trust, romance, and intimacy.
4. Strengthen our bond forever.

Non-Negotiable Ground Rules

1. **Timing:** No meeting if tired, hungry, irritable, or intoxicated.
2. **Mindset:** Zero complaints, criticisms, or disappointment—focus on growth!
3. **Turn-Ons:**
 - a. VERBAL: Warm tone, friendly face, caring words.
 - b. BODY LANGUAGE: Sit side-by-side (not across), smile, eye contact, open posture.
4. **Mutual Goal:** Understand—not prove we're right.

Our Plan for Discussion

As we review our assessment data, we commit to this discussion plan, ensuring our “Marriage Mirror” reveals grace, clarity, and a path to growth:

1. We will agree on who begins sharing their assessment answers first.
2. We will identify similarities and differences in our perceptions.
3. We will celebrate the strengths and successes of how we currently communicate.
4. We will clearly define the positive changes we both want to make in our communication.
5. We will offer positive ideas and support for helping each other improve our skills.

The Covenant Ceremony: A Sacred Promise for Review

You are about to step into your Marriage Mirror discussion. This is a sacred time for grace and growth, not for defense or blame. Complete these steps before looking at your assessment results.

When you conduct your review online, the audio recording will lead you through the ceremony. For a self-directed vow, please follow this format below.

Step 1: The Sacred Vow

Before you begin, turn to your partner. Hold hands, look into each other's eyes, and smile. Take turns reading the vow question to your partner and receiving the answer:

❤️ Question: **"Do you pledge to honor this Marriage Mirror, to listen with understanding, to speak with love and respect, and to choose words that make this hour productive and rooted in grace?"**

❤️ Answer: **"I do."**

(Now switch roles and repeat the exchange.)

Step 2: Affirmation

Now, take a few moments to affirm one another with the compliments you collected in advance. Beginning with compliments creates a warm climate and positive energy.

1. Before you look at your assessment results, take turns sharing at least five genuine compliments about your partner's positive attributes and behaviors. Take your time, focus entirely on your partner, and let this affirmation ground your discussion in love and gratitude.
2. When you've both shared, take a moment to thank each other sincerely.

Step 3: Prayer of Blessing

Conclude your commitment with a prayer of blessing over your discussion. You may read the following prayer aloud or say your own:

🙏 **Father God, As we now look into our Marriage Mirror, bless our hearts with humility and our minds with wisdom. Give us the grace to listen with love, the strength to speak with respect, and the vision to see the beautiful marriage You intend for us. Guide every word, and may our marriage shine for Your glory. Amen.**

Your commitment is complete. Click the acknowledgment box on the screen to begin your review.