



## Our Discussion Covenant

### Our Core Commitment

For this discussion, we commit to creating a safe, loving space focused on mutual understanding. We are here to celebrate our communication strengths, identify our differences in perception, and offer positive support to build new, life-giving habits. We trust God to transform our communication as we look into the mirror of our relationship with grace, clarity, and a shared desire to grow.

### Why We Commit

To ensure our spouse feels deeply valued, loved, and heard, while sparking renewed trust and intimacy.

### Non-Negotiable Ground Rules


1. **Timing & Environment:** We will not meet if either of us is tired, hungry, or stressed.
2. **Mindset & Tone:** Zero complaints or criticisms. We will use warm, friendly voices and caring words focused on solutions. Our goal is to understand, not to prove who is right.
3. **Presence:** We will eliminate digital distractions, sit side-by-side (not across), maintain eye contact, and keep an open posture

### The Covenant Promise

As you step into your Marriage Mirror discussion, remember this is a time for grace and growth, not defense or blame. After the vow is read aloud, kindly respond by saying “I do.”

❤️ **"Do you pledge to honor the Lord and one another as you look into your Marriage Mirror? Do you commit to listening with a heart of understanding, speaking with respect, and responding with love, trusting that the Holy Spirit can make possible even that which seems impossible?"**

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 **Prayer:** *“Lord, as we prepare to discuss our results, we ask for your peace to fill the room. Help us to speak with honesty and to listen to one another with curiosity. We invite the Holy Spirit to give us ears to hear and the grace to see our blind spots, not as obstacles, but as opportunities for Your transformation. May the words we share be like honey – sweet to the soul and healthy for our relationship. Amen.”*

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We Agree to Our Discussion Covenant:

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Husband signature

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Wife signature

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Date