

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. **Tone:** Use a warm, friendly voice and caring words.
4. **Body Language:** Sit side-by-side (not across), smile, eye contact, open posture.
5. **Mutual Goal:** Understand - not prove we're right.


Our Plan for Discussion


Our plan ensures our discussion brings grace, clarity, and a path to growth:

1. Agree on who begins sharing their assessment answers first.
2. Identify similarities and differences in our perceptions.
3. Celebrate the strengths and successes of how we currently communicate.
4. Define the desired changes we both want to make in our communication.
5. Offer positive ideas and support for helping each other improve our skills.

The Covenant Promise

You are about to step into your Marriage Mirror discussion. This is a time for grace and growth, not for defense or blame. The Covenant Promise secures a productive environment for your discussion. 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 listen with a heart of understanding, to speak with respect, and to respond with love, trusting that the Holy Spirit can make possible even that which seems impossible?"**

 **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."*

Husband signature

Wife signature

Date