

The Marriage Reset - Covenant Reset Experience

THE MARRIAGE RESET

Covenant Reset Experience

Couple Workbook

Finish The Race

Rebuild trust. Restore communication. Reconnect. Realign your marriage with God's design.

Use this workbook with the lessons inside The Marriage Reset course. Print it if possible and write your answers by hand.

Welcome

This workbook is not designed to help you win arguments. It is designed to help you slow down, stand before God honestly, and rebuild your marriage with humility, truth, repentance, forgiveness, and faithful action.

Do not weaponize these pages against your spouse. Use them first to examine your own heart.

Scripture

"What therefore God has joined together, let not man separate."

- Mark 10:9

How To Use This Workbook

1. Download and print this workbook if possible.
2. Move through the course in order.
3. Complete personal reflection privately before couple discussion.
4. Pray before hard conversations.
5. Do not rush. Transformation requires honesty and time.

Course Roadmap

- Start Here: Welcome, Workbook, Weekly Marriage Check-In
- Day 1: What Marriage Actually Is, Personal Ownership, How We Drift
- Day 2: Communication, Conflict & Forgiveness, Trust & Intimacy
- Day 3: Roles & Leadership, Marriage Mission, Reset Commitment, 90-Day Marriage Plan
- Optional: Leader Guide / Church Use

Ground Rules

- No interrupting.
- No sarcasm or contempt.
- No threats of divorce during the workbook.
- No weaponizing Scripture or past failures.
- Own your sin before naming your spouse's weakness.
- Take breaks when emotions rise.
- Pray before every hard conversation.

Weekly Marriage Check-In

Strong marriages are not built accidentally. They are built through intentional communication, consistent connection, honest conversations, and faithful follow-through. Use this weekly during and after the course.

How To Use This

- Choose one consistent time each week.
- Remove distractions and phones.
- Pray before beginning.
- Be honest without attacking.
- Listen fully before responding.
- Focus on rebuilding, not winning.

Weekly Questions

How are we doing spiritually?

Where did I love you well this week?

Where did I fail, fall short, or become careless?

Is there any unresolved tension between us?

What needs attention before resentment grows?

How can we intentionally reconnect this week?

Reminder

The goal is not perfection. The goal is consistency.

DAY 1 - RETURN TO THE FOUNDATION

SESSION 1 - WHAT MARRIAGE ACTUALLY IS

Biblical Foundation

Genesis 2:24 - "Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh."

Ephesians 5:25 - "Husbands, love your wives, as Christ loved the church and gave himself up for her."

Teaching Summary

Marriage is not merely emotional compatibility, romance, shared interests, or legal paperwork. Marriage is a covenant before God. It must be understood first through Scripture - not culture, emotions, convenience, or personal preference.

Personal Reflection

Where have I treated marriage more like a contract than a covenant?

Where have I failed to love, respect, serve, or pursue my spouse faithfully?

What needs to change in how we view marriage?

Couple Discussion

Where have we drifted from God's design?

What needs to change first in our home?

How can we pray for God to restore our marriage?

Action Step

Pray together out loud before moving forward.

SESSION 2 - PERSONAL OWNERSHIP

Biblical Foundation

Psalm 139:23 - "Search me, O God, and know my heart! Try me and know my thoughts!"

Teaching Summary

Most marriages stay stuck because both spouses focus on what the other person needs to change. Real rebuilding begins when each person asks: What is my role in the condition of this marriage?

Personal Reflection

What have I contributed to the distance in our marriage?

Where have I been defensive instead of humble?

What do I need to confess before God and my spouse?

Couple Discussion

What can I own without blaming my spouse?

What would humility look like this week?

What apology or confession needs to happen?

Action Step

Write one ownership statement beginning with: "I need to own..."

SESSION 3 - HOW WE DRIFT

Biblical Foundation

Hebrews 3:12 - "Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God."

Song of Solomon 2:15 - "Catch the foxes for us, the little foxes that spoil the vineyards..."

Teaching Summary

Marriages rarely collapse overnight. They drift slowly through less communication, less intentionality, more distractions, unresolved frustration, and spiritual neglect.

Personal Reflection

Where has drift shown up most clearly?

What small habit has quietly damaged connection?

What have I tolerated that needs to change?

Couple Discussion

What is one place we have drifted?

What pattern do we need to stop repeating?

What one change would help us reconnect this week?

Action Step

Identify one drift pattern and write one specific step to interrupt it.

DAY 2 - FACE THE BREAKDOWN

SESSION 4 - COMMUNICATION

Biblical Foundation

James 1:19 - "Let every person be quick to hear, slow to speak, slow to anger."

Teaching Summary

Communication problems are often heart problems in disguise. More talking does not help if the conversation is filled with defensiveness, interruption, sarcasm, blame, or withdrawal.

Personal Reflection

How do I usually respond when conflict begins?

Where have I failed to listen well?

What communication habit do I need to change first?

Couple Discussion

What makes you feel heard by me?

What makes you shut down?

What rule should we create for hard conversations?

Action Step

Practice the 10-minute listening rule: one spouse speaks while the other only listens, then switch.

SESSION 5 - CONFLICT & FORGIVENESS

Biblical Foundation

Ephesians 4:32 - "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

1 John 1:9 - "If we confess our sins, he is faithful and just to forgive us our sins..."

Teaching Summary

Conflict handled biblically can become a doorway to healing. Conflict handled sinfully quietly destroys connection and trust. Forgiveness is not pretending nothing happened. It is releasing vengeance to God and refusing to keep punishing what has been confessed and repented of.

Personal Reflection

What conflict pattern do I keep repeating?

What do I need to confess without excuse?

Where have I withheld forgiveness or carried resentment?

Couple Discussion

What does real repentance need to sound like here?

What needs forgiveness?

What boundary or follow-through is needed?

Action Step

Each spouse should make one clean confession without excuse.

SESSION 6 - TRUST & INTIMACY

Biblical Foundation

Proverbs 10:9 - "Whoever walks in integrity walks securely, but he who makes his ways crooked will be found out."

Teaching Summary

Trust and intimacy are deeply connected. When trust is damaged, closeness suffers. When emotional safety is missing, physical and spiritual connection often weaken as well.

Personal Reflection

What helps me feel emotionally safe with my spouse?

What has weakened trust or connection between us?

What step am I willing to take this week to rebuild connection?

Couple Discussion

Where do we feel closest?

Where do we feel most disconnected?

What affection or intentional time needs to return?

Action Step

Choose one trust-building action and one connection rhythm for this week.

DAY 3 - REBUILD THE COVENANT

SESSION 7 - ROLES & LEADERSHIP

Biblical Foundation

Ephesians 5:25 - "Husbands, love your wives, as Christ loved the church and gave himself up for her."

Teaching Summary

Biblical leadership is not domination, control, harshness, selfishness, or spiritual pride. It is sacrificial responsibility modeled after Christ. Both husband and wife answer first to God.

Personal Reflection

Where have I failed in responsibility, humility, service, or support?

Where have I used passivity, control, or defensiveness instead of Christlike love?

How can I better support my spouse spiritually?

Couple Discussion

Where do we feel disconnected in responsibility or leadership?

What would sacrificial leadership look like this week?

How can we function more as a team under Christ?

Action Step

Choose one weekly spiritual rhythm to practice together.

SESSION 8 - MARRIAGE MISSION

Biblical Foundation

Joshua 24:15 - "But as for me and my house, we will serve the LORD."

Teaching Summary

Strong marriages have direction. Without vision, couples drift into survival mode. A marriage mission gives you clarity for what you are building together under Christ.

Personal Reflection

What do I want our marriage to be known for?

What needs to change for our home to better honor Christ?

What legacy do I want us to leave?

Couple Discussion

What matters most in our home?

What kind of marriage are we trying to build?

Complete this statement: Our marriage exists to...

Action Step

Write your marriage mission statement.

SESSION 9 - RESET COMMITMENT

Biblical Foundation

Colossians 3:12 - "Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience."

Teaching Summary

A reset is not complete until it becomes renewed commitment before God and one another. Commitment is not pretending everything is perfect. It is deciding that your marriage will no longer drift without resistance.

Personal Reflection

What must I personally commit to changing?

What does faithfulness need to look like this week?

What old pattern am I refusing to carry forward?

Couple Discussion

What are we committing to protect?

What are we committing to repair quickly?

What are we asking God to restore?

Action Step

Read the Covenant Renewal Statement together and sign the commitment page.

Covenant Renewal Statement

Read this aloud together slowly.

Read Together

Before God, we acknowledge that our marriage belongs to Him.

We confess that we have drifted, failed, neglected, wounded, or grown careless in ways known and unknown.

We ask the Lord Jesus Christ to restore what is broken, strengthen what is weak, and purify what is selfish.

We commit to truth, repentance, forgiveness, affection, faithfulness, prayer, and perseverance.

By God's grace, we will stop drifting and continue rebuilding.

Husband Signature:

Wife Signature:

Date:

90-Day Marriage Plan

A renewed commitment is powerful, but commitment without a plan usually fades. Use this page to turn the reset into action.

Build Your 90-Day Plan

Our spiritual rhythm for the next 90 days will be:

Our weekly marriage check-in day/time will be:

One communication habit we will change is:

One trust-building action I will practice consistently is:

One intentional connection rhythm we will protect is:

One old pattern we will refuse to repeat is:

One way we will serve one another more intentionally is:

One way we will protect our marriage from distraction is:

Weekly Review Questions

- Did we pray or seek God together this week?
- Did we complete our weekly check-in?
- Did we repair conflict quickly?
- Did we speak with more humility?
- Did we protect time for connection?
- What needs attention before resentment grows?

Emergency Conflict Card

When conflict escalates, slow down before damage grows.

6. Pause.
7. Pray.
8. Lower your voice.
9. Own your part.
10. Ask: What are you really feeling?
11. Repeat what you heard.
12. Do not threaten the marriage.
13. Return to the issue when calm.

Remember

Silence is not always peace. Sometimes it is distance. Deal with issues before resentment grows.

Daily Marriage Prayer

Pray Together

Lord, correct me before I correct my spouse.

Make me humble before I demand change.

Make me faithful before I criticize failure.

Make me tender where I have grown hard.

Make me truthful where I have grown silent.

Teach us to love as Christ loves. Amen.

Final Encouragement

You have completed The Marriage Reset. Now do not drift back into old patterns. Review your plan weekly, keep your check-in time, and continue rebuilding with humility, truth, repentance, and faithfulness.

By God's grace, keep building. Keep choosing one another. Keep finishing the race together.