

THE MARRIAGE RESET

A Covenant Reset Experience For Christian Couples

DAY 1 - RETURN TO THE FOUNDATION

What Marriage Actually Is

Marriage is more than a legal arrangement or emotional partnership. This lesson helps you recover marriage as a covenant before God, built on faithfulness, unity, sacrifice, and grace.

What therefore God has joined together, let not man separate. - Mark 10:9

Reflection Questions

- Where have we treated marriage more like a contract than a covenant?

- What expectation about marriage needs to be corrected by Scripture?

- Where do we need to recover unity, sacrifice, or faithfulness?

- What is one practical way we can honor our covenant this week?

Couple Action Step

Together, complete this sentence: One way we can treat our marriage more like a covenant this week is...

Prayer Together

Pray together for humility, wisdom, healing, unity, stronger communication, repentance where needed, and faithful rebuilding over time.

Personal Ownership

Rebuilding begins when both spouses stop focusing only on the other person and honestly examine their own words, choices, reactions, habits, and heart before God.

First take the log out of your own eye. - Matthew 7:5

Reflection Questions

- What is one pattern I personally need to own without blaming my spouse?

- Where have I been defensive, prideful, passive, harsh, controlling, or withdrawn?

- What apology or confession may need to happen after this lesson?

- What specific change can I begin practicing this week?

Couple Action Step

Each spouse writes: One thing I need to own before God and before you is...

Prayer Together

Pray together for humility, wisdom, healing, unity, stronger communication, repentance where needed, and faithful rebuilding over time.

How We Drift

Most marriages do not collapse overnight. Drift usually happens slowly through distraction, exhaustion, unresolved hurt, neglected connection, and spiritual passivity.

Pay careful attention to yourselves. - Luke 21:34

Reflection Questions

- Where have we slowly drifted without noticing it at first?

- What habits, pressures, or distractions have weakened our connection?

- What warning signs should we pay attention to earlier in the future?

- What rhythm can help us reconnect before distance grows?

Couple Action Step

Name one drift pattern and one replacement rhythm you will practice this week.

Prayer Together

Pray together for humility, wisdom, healing, unity, stronger communication, repentance where needed, and faithful rebuilding over time.

Communication

Healthy communication is more than talking. It requires listening, restraint, honesty, tenderness, timing, and a willingness to understand before responding.

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

Reflection Questions

- What communication pattern causes the most damage in our marriage?

- When do I tend to become defensive, dismissive, sharp, silent, or reactive?

- What do I need from my spouse in order to feel heard and safe?

- What communication habit can we begin practicing this week?

Couple Action Step

Agree on one rule for difficult conversations this week.

Prayer Together

Pray together for humility, wisdom, healing, unity, stronger communication, repentance where needed, and faithful rebuilding over time.

Conflict & Forgiveness

Conflict is not the enemy, but destructive conflict is. This lesson helps you address hurt with truth, humility, repentance, forgiveness, and grace.

Be kind to one another, tenderhearted, forgiving one another. - Ephesians 4:32

Reflection Questions

- What usually happens when conflict begins between us?

- Where have resentment, avoidance, anger, or scorekeeping taken root?

- What does forgiveness need to look like in this season?

- What conflict habit do we need to stop or replace?

Couple Action Step

Identify one unresolved issue that needs a calm, prayerful conversation.

Prayer Together

Pray together for humility, wisdom, healing, unity, stronger communication, repentance where needed, and faithful rebuilding over time.

Trust & Emotional Intimacy

Trust and emotional closeness grow through consistency, honesty, safety, patience, tenderness, and faithful care over time.

Above all, keep loving one another earnestly. - 1 Peter 4:8

Reflection Questions

• Where has trust weakened, and what contributed to that loss?

• What helps each of us feel emotionally safe and connected?

• Where have we built walls instead of inviting honest closeness?

• What small, consistent action can help rebuild trust this week?

Couple Action Step

Choose one daily act of consistency that helps rebuild emotional safety.

Prayer Together

Pray together for humility, wisdom, healing, unity, stronger communication, repentance where needed, and faithful rebuilding over time.

Roles & Leadership

Biblical leadership is not domination or passivity. It is responsibility, sacrifice, humility, honor, partnership, protection, and Christlike love.

Husbands, love your wives, as Christ loved the church. - Ephesians 5:25

Reflection Questions

- Where has leadership or responsibility become passive, harsh, unclear, or neglected?

- How can each of us better honor, support, and serve the other?

- What does Christlike responsibility look like in our home right now?

- What practical area needs clearer ownership or partnership?

Couple Action Step

Identify one household, spiritual, or relational responsibility that needs clearer leadership or shared ownership.

Prayer Together

Pray together for humility, wisdom, healing, unity, stronger communication, repentance where needed, and faithful rebuilding over time.

Marriage Mission & Shared Direction

Strong marriages do not merely survive. They build shared direction, shared values, spiritual unity, and intentional purpose before God.

As for me and my house, we will serve the Lord. - Joshua 24:15

Reflection Questions

- What kind of home are we trying to build before God?

- Where have we been living in survival mode instead of shared mission?

- What values should shape our decisions, schedule, parenting, finances, and priorities?

- What shared mission statement or direction can we begin naming together?

Couple Action Step

Write a simple one-sentence marriage mission statement together.

Prayer Together

Pray together for humility, wisdom, healing, unity, stronger communication, repentance where needed, and faithful rebuilding over time.

Reset Commitment

A reset commitment is a sober, hopeful agreement to continue rebuilding with humility, truth, forgiveness, prayer, and consistency.

Love bears all things, believes all things, hopes all things, endures all things. - 1 Corinthians 13:7

Reflection Questions

- What has God shown us during this course that we must not ignore?

- What specific patterns do we need to leave behind?

- What commitments do we need to make to one another moving forward?

- What support, accountability, or help may we need after this course?

Couple Action Step

After discussion, complete and sign the Reset Covenant Agreement together.

Prayer Together

Pray together for humility, wisdom, healing, unity, stronger communication, repentance where needed, and faithful rebuilding over time.

90-Day Marriage Plan

Lasting change requires faithful rhythms. Use this lesson to turn insight and commitment into practical habits for the next 90 days.

Teach us to number our days that we may get a heart of wisdom. - Psalm 90:12

Reflection Questions

- What are the top three rhythms our marriage needs for the next 90 days?

- What weekly check-in time will we protect?

- What issue needs continued attention, counseling, pastoral care, or mentorship?

- How will we know we are making progress after 30, 60, and 90 days?

Couple Action Step

Write your 90-day plan: weekly check-in, prayer rhythm, communication habit, and one measurable growth goal.

Prayer Together

Pray together for humility, wisdom, healing, unity, stronger communication, repentance where needed, and faithful rebuilding over time.

Final Step & Ongoing Rhythm

The course is complete, but your rebuilding rhythm is just beginning. Use this final page to clarify what you will continue practicing after the lessons are finished.

Reset Covenant Agreement

Return to the Reset Commitment lesson page inside The Marriage Reset course and download the Reset Covenant Agreement PDF. Pray together, discuss what needs to continue changing, and sign the covenant intentionally together.

90-Day Follow Through

- Our weekly check-in day and time will be:

- One habit we will practice daily is:

- One conversation we need to revisit calmly is:

- One source of support or accountability we will seek is:

Helpful Course Links

Course Overview	https://finistherace.com/courses/the-marriage-reset-course/
Course Dashboard	https://finistherace.com/the-marriage-reset-dashboard/
Weekly Marriage Check-In	https://finistherace.com/courses/the-marriage-reset-course/lessons/weekly-marriage-check-in/

Final encouragement: you do not need perfection today. You need humility, consistency, prayer, and the willingness to keep rebuilding together.



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