

MARRIAGE RETREAT GUIDE



A 2-3 DAY TRIP TO BE ALONE WITH YOUR SPOUSE TO PRAY, TALK, AND CONNECT.

We remain healthy by prioritizing daily personal encounters with God, pursuing purity + putting family first.



MARRIAGE RETREAT PLAN

Purpose:

To reform, strengthen and invest in your marriage.

How to approach your marriage retreat:

Reserve this time for each other to communicate, build your friendship, and enjoy one another with no distractions. Turn everything else off as much as possible, including work, business, and responsibilities. Make each other the sole focus! This is a time to find unity in EVERY area of your marriage and to come back with peace, joy, and vision for your family's future.

Jesus answered, "Have you not read that from the beginning the Creator 'made them male and female,' and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'? So they are no longer two, but one flesh. Therefore what God has joined together, let man not separate."

MATTHEW 19:4-6 BSB



Assignments:

- Have multiple, intentional conversations designed to strengthen your marriage.
- Enjoy some fun activities.
Examples: Shopping, sightseeing, outdoor adventures, etc.
- Invest in romantic dinners and desserts! (wink-wink)
- Set personal budgets:
Goals for giving, saving, investing, paying off debt, etc.
- Pray together, repent to one another, love on each other, and listen to each other.
- Take notes on all that is discussed, dreamt about, budgeted, etc., and review them in 1 year to see how you stewarded those conversations.





Relationship Evaluations:

We encourage you to divide this portion into multiple conversations!

- Ask each other to rate your relationship on a scale of 1-10 in each of the areas listed in the “TOPICS” section on the next page.
- Once you have given the scores, discuss what it would take, from your perspective, to get the score to a 10. If it's a 10, celebrate why it's a 10.
- Don't rush these conversations and don't be defensive. Listen, receive, and respond in love and humility.

Forgiveness: Are there any areas that remain unresolved where repentance or forgiveness is required?



Topics:

- **Friendship**

- **Intimacy**

- **Domestic Relationship/Parenting**

(How you function as a team at home.)

If applicable, take time to talk about each child.

What are their greatest needs, challenges, or struggles?

Make a plan on how to steward them intentionally.

- **Work/Ministry Relationship**

- **Personal Finances**

In this category, talk about your budget, vacations, retirement, dreams, life goals, and giving goals.

- **Family Relations**

In this category, talk about the burdens and joys of family members and plan when you will see extended family over the year. (Holidays, trips, etc.)

MARRIAGES WILL BE STRENGTHENED & REFORMED

