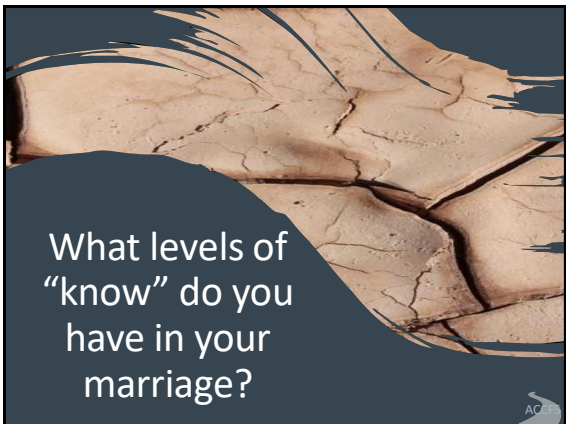
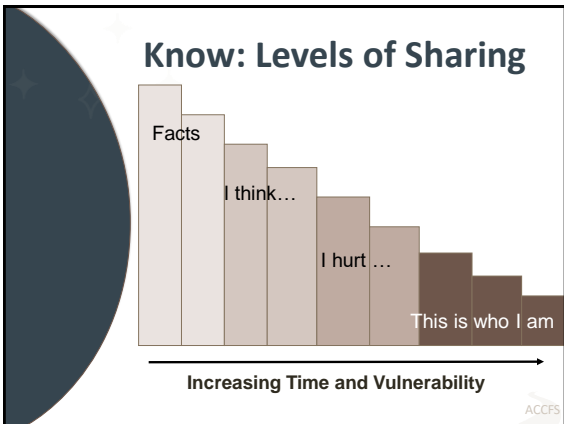




Know

- Knowing God
- Knowing your spouse
- Opposite – vague, unfamiliar



Trust

- Trusting God
- Trusting your spouse
- Opposite – fear, unsure

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Triangle of Trust

- We are a team.
- How can I put myself in their shoes?
- How can I best prepare myself to listen?
- How can I love... today?

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Safety

- Safety with God.
- Safety with your spouse.
- Opposite – threatened, neglected

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What causes walls in your marriage?
What helps you to feel safe with your spouse?

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Realness

- Realness with God
- Realness with your spouse.
- Opposite – fake, forced.

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When do you find yourself to be the most real?

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Consistent

- Consistency with God.
- Consistency with your spouse.
- Opposite – haphazard, random.

ACCFS

Relationships are built or destroyed one conversation at a time, one action (or lack of action) at a time.

You, Me, We Morag Barrett

ACCFS



ACCFS

Couples Time

- Which area (know, trust, safety, realness, consistent) is the area you and your spouse are strongest in? Why?
- Which area (know, trust, safety, realness, consistent) is an area of growth? What is one small change you can make to encourage growth in that area?

ACCFS