

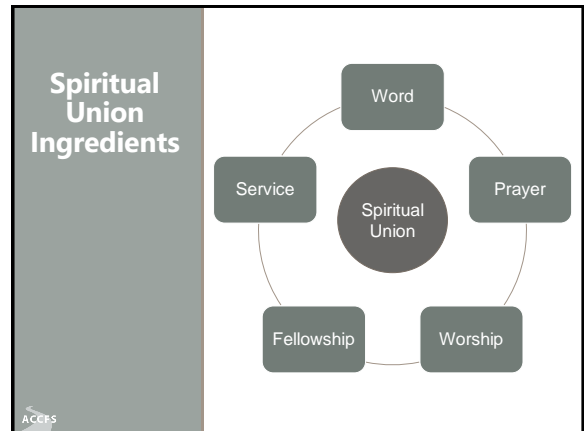


### Foundational Aspect of Marriage

*"If the foundations be destroyed, what can the righteous do?" Psalm 11:3*

Healthy Mission  
Healthy Church  
Healthy Marriage  
Healthy Self

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### Spiritual Union Ingredients

**Word:**  
Bible Devotion Survey  
Speaking the Gospel

**Worship:**  
Worship through Playlists  
Beholding His Glory

**Prayer:**  
Bible-Inspired Prayer  
Make a Prayer Jar

**Service:**  
Serving Together  
Home – The Mission Field

**Fellowship:**  
Learn about Each Other  
Story Telling: Personal Story Guide

### Ingredients: Prioritize the Big

	URGENT	NOT URGENT
IMPORTANT	<b>I (MANAGE)</b> <ul style="list-style-type: none"> <li>Crisis, Emergencies</li> <li>Deadline-driven</li> <li>Must be addressed in the moment</li> </ul>	<b>II (FOCUS)</b> <ul style="list-style-type: none"> <li>Preparation / Planning</li> <li>Spiritual, Physical, Relational Health</li> <li>Build in focused time to address</li> </ul>
NOT IMPORTANT	<b>III (AVOID)</b> <ul style="list-style-type: none"> <li>Interruptions</li> <li>Many so-called "pressing" matters</li> <li>Engage healthy boundary practices</li> </ul>	<b>IV (TRIVIAL)</b> <ul style="list-style-type: none"> <li>Trivial busywork</li> <li>Time wasters or escape activities</li> <li>Find ways to minimize</li> </ul>

Source: Stephen Covey, 7 Habits of Highly Effective People

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**Couples Time**  
**9:00-**  
**10:00AM**

As a couple, reflect on Spiritual Union ingredients:

- What ingredients are strong?
- What areas are not as strong?

Starting Point Activities:

- Serving Together pg. 65
- Learn about Each Other pg. 70

Next Step Activities:

- Worship through Playlists pg. 58
- Bible-Inspired Prayer pg. 60

Deeper Activities:

- Bible Devotion Survey pg. 50
- Speaking the Gospel pg. 53

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### **Follow-Up Activities**

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1. If you were to focus on strengthening one "ingredient" as a couple / family, which one would it be?
2. What are practical ways you could strengthen this part of your spiritual connection?
3. When do you find yourself connecting spiritually as a couple? When is it difficult?
4. How can you balance your individual spiritual needs with that for your marriage?

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