

MARRIAGE JOURNAL

Getting
STARTED

Learning how to connect, communicate, and grow in love with each other will help cultivate healthy and strong marriages. Through this resource, we have envisioned for you to find time each week to connect with your spouse/fiancé, read the scripture, and ask each other intentional questions (could be 5 minutes or 30 minutes). We are believing that through this process you will see your relationship grow and build a stronger foundation of communication, unity, and integrity. Even as a Small Group Leader, this is a tool that you could talk about with your Small Group.

Here are a couple of quick tips on how to start utilizing this journal:

- Designate a consistent time and day of the week that works for you and your spouse/fiancé.
- Read the verse together.
- Take turns asking one another the questions and recording the responses.
- Once you complete the questions, pray for one another.
- See your love story grow!

We love you and are praying blessings for your family this year!

Additional Resources

GET CONNECTED IN A SMALL GROUP

We are all made to live in community with others, and the best way to find that at Highlands is to get in a Small Group! No matter what stage of life you're in, or what type of group best fits your needs, there's a group to encourage you and help you grow. Visit our Small Groups Directory for both in-person and online options, and find your Small Group today!

churchofthehighlands.com/groups

TAKE OUR ONE-YEAR CHALLENGE

We believe that if you dedicate one year to going all-in at Church of the Highlands, God will transform your life! "All-in" includes attending services, Saturday Morning Prayer, the Growth Track, and other events and conferences.

churchofthehighlands.com/next-steps

READ THE ONE YEAR BIBLE

Learn more about God's Word by reading the Bible daily. Through the One Year Bible, you will be given a daily Bible reading, as well as a short devotional.

churchofthehighlands.com/bible

START ATTENDING SUNDAY SERVICES REGULARLY

It's important to be plugged in to a church with other believers. We would love for you to call Highlands home and invite you to join us regularly. If you would like to become a member at Highlands, attend Step One of the Growth Track available the first Sunday of the month at every campus.

churchofthehighlands.com/campuses

Next Steps

GET WATER BAPTIZED

This is an important step of obedience that shows others you have personally trusted Jesus with your salvation. We believe that water baptism is a public declaration of three important things: you are a follower of Jesus Christ, you are beginning a changed life in Christ, and you are part of a new family.

churchofthehighlands.com/baptism

COMPLETE THE GROWTH TRACK

The Highlands Growth Track is designed to help you discover your redemptive purpose and live the full life God created for you. Visit the following link for more details on times and locations.

churchofthehighlands.com/connect/growth-track

ADDITIONAL RESOURCES

churchofthehighlands.com/marriage-and-family

From This Day Forward by Craig and Amy Groeschel

Marriage on the Rock by Jimmy Evans

Our Secret Paradise by Jimmy Evans

Five Love Languages by Gary Chapman

Love Talk by Les and Leslie Parrot

Love and Respect by Emmerson Eggerich

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Therefore
what God has
joined together,
let no one
separate.

Mark 10:9

Week One

_ / _ / _

1

What does your schedule look like this week?
Is there anything you need help with?

2

What has brought you joy this week?

3

What is something that was difficult this week?

4

What is one thing I can do for you this week?

— / — / —

5

Is there any conflict or hurt that we need to resolve and/or seek forgiveness for?

6

What is a hope, desire, or dream that has been on the forefront of your mind?

7

How can I pray for you this week?

Two are better
than one,
because they
have a *good*
return for
their labor.

Ecclesiastes 4:9

Week Two

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1

What does your schedule look like this week?
Is there anything you need help with?

2

What has brought you joy this week?

3

What is something that was difficult this week?

4

What is one thing I can do for you this week?

— / — / —

5

Is there any conflict or hurt that we need to resolve and/or seek forgiveness for?

6

What is a hope, desire, or dream that has been on the forefront of your mind?

7

How can I pray for you this week?

Make *every*
effort to keep
the *unity* of the
Spirit through
the *bond of peace*.

Ephesians 4:3

Week Three

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1

What does your schedule look like this week?
Is there anything you need help with?

2

What has brought you joy this week?

3

What is something that was difficult this week?

4

What is one thing I can do for you this week?

Ephesians 4:3

— / — / —

5

Is there any conflict or hurt that we need to resolve and/or seek forgiveness for?

6

What is a hope, desire, or dream that has been on the forefront of your mind?

7

How can I pray for you this week?

Therefore, I urge you,
brothers and sisters, in view
of God's mercy, to offer your
bodies as a living sacrifice,
holy and pleasing to God—
this is your true and
proper worship.

Do not conform to the
pattern of this world, but be
transformed by the renewing
of your mind. Then you will
be able to test and approve
what God's will is—His good,
pleasing and perfect will.

Romans 12:1-2

Week Four

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1

What does your schedule look like this week?
Is there anything you need help with?

2

What has brought you joy this week?

3

What is something that was difficult this week?

4

What is one thing I can do for you this week?

Romans 12:1-2

— / — / —

5

Is there any conflict or hurt that we need to resolve and/or seek forgiveness for?

6

What is a hope, desire, or dream that has been on the forefront of your mind?

7

How can I pray for you this week?

Let your roots
grow down into
Him, and let your
lives be built on
Him. Then your
faith will *grow*
strong in the truth
you were taught,
and you will
overflow with
thankfulness.

Colossians 2:7 (NLT)

Week Five

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1

What does your schedule look like this week?
Is there anything you need help with?

2

What has brought you joy this week?

3

What is something that was difficult this week?

4

What is one thing I can do for you this week?

— / — / —

5

Is there any conflict or hurt that we need to resolve and/or seek forgiveness for?

6

What is a hope, desire, or dream that has been on the forefront of your mind?

7

How can I pray for you this week?

Do not be anxious about anything, but in every situation, by *prayer* and *petition*, with thanksgiving, present your requests to God. And the *peace of God*, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is *true*, whatever is *noble*, whatever is *right*, whatever is *pure*, whatever is *lovely*, whatever is *admirable*—if anything is *excellent* or *praiseworthy*—think about such things.

Philippians 4:6-8

Week Six

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1

What does your schedule look like this week?
Is there anything you need help with?

2

What has brought you joy this week?

3

What is something that was difficult this week?

4

What is one thing I can do for you this week?

Philippians 4:6-8

— / — / —

5

Is there any conflict or hurt that we need to resolve and/or seek forgiveness for?

6

What is a hope, desire, or dream that has been on the forefront of your mind?

7

How can I pray for you this week?

Finally, all of you,
be like-minded,
be sympathetic,
love one another,
be compassionate
and humble.

1 Peter 3:8

Week Seven

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1

What does your schedule look like this week?
Is there anything you need help with?

2

What has brought you joy this week?

3

What is something that was difficult this week?

4

What is one thing I can do for you this week?

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5

Is there any conflict or hurt that we need to resolve and/or seek forgiveness for?

6

What is a hope, desire, or dream that has been on the forefront of your mind?

7

How can I pray for you this week?

May the God
of hope fill you
with all joy and
peace as you *trust*
in Him, so that
you may *overflow*
with *hope* by the
power of the Holy
Spirit.

Romans 15:13

Week Eight

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1

What does your schedule look like this week?
Is there anything you need help with?

2

What has brought you joy this week?

3

What is something that was difficult this week?

4

What is one thing I can do for you this week?

— / — / —

5

Is there any conflict or hurt that we need to resolve and/or seek forgiveness for?

6

What is a hope, desire, or dream that has been on the forefront of your mind?

7

How can I pray for you this week?

Casting Vision



ONE YEAR GOALS

List specific goals for your family to work towards this year.



FIVE YEAR GOALS

Where do you want to be five years from now?

Casting Vision



FAMILY VALUES

Define a few core principles, practices, and priorities you hold for your family.



SPIRITUAL NEXT STEPS AS A COUPLE

What is our next step as a couple to grow closer to Jesus?

For example - attending church weekly, joining or leading a Small Group, serving at an outreach project, serving at your local campus, reading the Bible together consistently, etc.

