



# Building a Stronger Christ-centered Marriage

## DAY 1: Identify Your Walls, Breaking Down Barriers to Intimacy

Understanding the emotional barriers that hinder intimacy is the first step to building a stronger, more connected marriage.

### Section 1: Common Marriage Walls

*(Check all that apply)*

- Fear of Criticism
- Unresolved Past Hurts
- Differing Communication Styles
- Financial Stress
- Lack of Time/Busyness
- Unequal Division of Labor
- Sexual Intimacy Issues
- Resentment
- Lack of Appreciation
- Infidelity (Past or Present)
- Addictions
- Other: \_\_\_\_\_

### Section 2: My Walls

*Answer the following questions honestly:*

1. What specific fears prevent you from being fully vulnerable with your spouse?  
\_\_\_\_\_
2. What unresolved past hurts still affect your relationship, and how do they manifest themselves?  
\_\_\_\_\_

3. In what areas do you feel most disconnected from your spouse?

4. What triggers feelings of defensiveness or withdrawal in you when communicating with your spouse?

## Section 3: Reflect & Pray

Spend time in prayer this week, asking God to reveal the root causes of these walls and to give you the courage to address them. Journal your insights.

(Space for Journaling)

## DAY 2: The Holy Spirit Communication Compass, Guiding Your Conversations with Grace

Learn to navigate difficult conversations with grace and wisdom, guided by the Holy Spirit's promptings.

### Section 1: Recognizing the Holy Spirit

1. What does the Holy Spirit feel like to you? (Describe the sensations, emotions, or thoughts you associate with the Spirit's presence)

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2. Describe a time when you clearly felt the Spirit's leading in the past. What were the circumstances, and what did you learn?

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### Section 2: Before You Speak

*Ask yourself these questions before engaging in a conversation:*

- Is what I'm about to say true, kind, and necessary?
- Is this the right time and place to say it?
- Am I speaking from love, or from fear/anger?
- Have I prayed for guidance and wisdom?
- Am I willing to listen to my spouse's perspective?

### Section 3: During the Conversation

- Pay attention to your emotions. Are you feeling defensive or accusatory? Take a deep breath.
- Pause frequently to pray silently for guidance. Ask the Holy Spirit to give you wisdom and understanding.

- Listen actively and seek to understand your spouse's perspective. Avoid interrupting or formulating your response while they are speaking.
- Use "I feel..." statements to express your emotions without blaming or attacking.
- Be willing to apologize and ask for forgiveness if you have hurt your spouse.

## **Section 4: After the Conversation**

- Reflect: Did you feel the Holy Spirit's presence during the conversation?
- What could you have done differently to be more Spirit-led?
- Did you honor God in your communication?
- Thank God for His presence and guidance.
- Forgive yourself and your spouse for any missteps.

## DAY 3: The Emotionally Honest Toolkit, Expressing Your Feelings in a Healthy Way

Unlock the power of honest emotions! Express your feelings in a healthy and constructive way.

### Section 1: Emotion Vocabulary

Select the emotions you have felt in the past week:

Happy	Fearful	Joyful	Content	Resentful
Sad	Anxious	Peaceful	Lonely	Depressed
Angry	Frustrated	Overwhelmed	Hurt	Excited
Hopeful	Discouraged	Insecure	Other:	Other:
Grateful	Rejected	Other:	Other:	Other:

### Section 2: "I feel..." Sentence Starters

Use these sentence starters to express your emotions to your spouse:

- I feel \_\_\_\_\_ when \_\_\_\_\_.  
(Example: "I feel hurt when you don't listen to me.")
- I feel \_\_\_\_\_ because \_\_\_\_\_.  
(Example: "I feel anxious because we haven't discussed our finances.")
- I feel \_\_\_\_\_ and I need \_\_\_\_\_.  
(Example: "I feel overwhelmed, and I need your help with the chores.")
- I feel \_\_\_\_\_ when you \_\_\_\_\_.  
(Example: "I feel frustrated when you interrupt me.")
- I feel \_\_\_\_\_ and I wish \_\_\_\_\_.  
(Example: "I feel lonely, and I wish we could spend more quality time together.")

### Section 3: Emotion Journal Prompts

1. What emotions did you experience today in your relationship with your spouse?

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2. What triggered those emotions?

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3. How did you express those emotions to your spouse?

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4. What could you have done differently to express your emotions in a healthier or more constructive way?

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## DAY 4: The Active Listening Blueprint, Building a Bridge of Understanding

Learn the principles of active listening to build a bridge of understanding with your spouse.

### Section 1: The Principles of Active Listening

- **Pay Attention:**
  - Minimize distractions (put away your phone, turn off the TV).
  - Maintain eye contact (show that you are engaged).
  - Give your spouse your full attention.
- **Show That You're Listening:**
  - Nod your head (show that you understand).
  - Use verbal cues like "I see," "Tell me more," "I understand."
  - Reflect on what your spouse is saying (summarize their points).
- **Provide Feedback:**
  - Paraphrase what you heard (ensure you understood correctly).
  - Ask clarifying questions (get more information).
  - Validate your spouse's feelings (acknowledge their emotions).
- **Defer Judgment:**
  - Don't interrupt (let your spouse finish speaking).
  - Don't offer unsolicited advice (unless your spouse asks for it).
- **Respond Appropriately:**
  - Show empathy (understand and share your spouse's feelings).
  - Validate their feelings (acknowledge their emotions).
  - Offer support and encouragement.

## Section 2: Active Listening Practice

- Partner A: Share a concern or feeling with Partner B for 5 minutes.
- Partner B: Practices active listening skills while Partner A speaks.
- Partner B: Summarizes what they heard and asks, "Did I understand you correctly?"
- Partners switch roles and repeat.

## Section 3: Self-Reflection

1. How did you feel during the active listening exercise?

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2. What was easy about active listening?

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3. What was challenging about active listening?

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4. What will you do to practice active listening in your marriage this week?

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## Day 5: The Forgiveness Pathway, Releasing Bitterness & Embracing Grace

Unlock the power of forgiveness in your marriage by releasing bitterness and embracing grace.

### Section 1: Understanding Forgiveness

1. What does forgiveness mean to you?

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2. What are the benefits of forgiveness in a marriage?

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3. What are the consequences of unforgiveness in a marriage?

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### Section 2: The Steps to Forgiveness

1. Acknowledge the hurt and pain that you have experienced.
2. Allow yourself to process your emotions (anger, sadness, disappointment).
3. Choose to release bitterness and resentment. This is a conscious decision.
4. Extend grace and compassion to your spouse, even when they don't deserve it.
5. Pray for your spouse and for healing in your relationship.
6. Let go of the need for revenge or retribution.
7. Focus on building a better future together.

### Section 3: Forgiveness Journal Prompts

1. What specific hurts do you need to forgive your spouse for?

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2. What steps can you take to begin the forgiveness process?

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3. How can you show grace and compassion to your spouse this week?

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## DAY 6: The Spiritual Connection Guide, Deepening Your Faith Together

Elevate your marriage to a spiritual level by deepening your bond with each other and with God.

### Section 1: Spiritual Connection Activities

*Check all that apply, or add your own ideas:*

- Praying together
- Reading the Bible together
- Attending church together
- Serving others together
- Discussing your faith with each other
- Listening to Christian music together
- Watching faith-based movies together
- Attending a marriage retreat or conference
- Using a daily devotional together
- Other: \_\_\_\_\_

### Section 2: Spiritual Connection Goals

1. What spiritual activities do you want to prioritize in your marriage this week?

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2. How can you create space for spiritual connection in your daily/weekly routine?

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## Section 3: Spiritual Discussion Prompts

*Use these questions to spark meaningful conversations with your spouse:*

- What are you learning about God in this season of your life?
- What are your spiritual goals for the year?
- How can we support each other in our spiritual growth?
- What are some ways we can serve others together?
- What Bible verses have been speaking to you lately?

## DAY 7: The Unwalled Married Action Plan, Building a Lasting Foundation

Translate what you've learned this week into concrete steps for building a stronger, more intimate relationship.

### Section 1: My Key Takeaways

*What were the most important insights you gained during "Unwalled: A Marriage Week"?*

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### Section 2: Action Steps

*What specific actions will you take to break down walls in your marriage?*

- Vulnerability: \_\_\_\_\_
- Communication: \_\_\_\_\_
- Forgiveness: \_\_\_\_\_
- Spiritual Connection: \_\_\_\_\_
- Date Nights: \_\_\_\_\_
- Conflict Resolution: \_\_\_\_\_

### Section 3: Accountability & Support

- Who can you ask to hold you accountable for your action plan?

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- What support systems do you need to maintain momentum?

- When will you revisit and evaluate your action plan?

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