

sticky marriage

sticking

stuck

stopped

Marriage Enrichment

**To make our marriage stick we...**

1. **Cultivate our commitment.**  
*value constraint commitment in our marriage*
2. **Cultivate our commitment.**  
*make choices that build our dedication commitment*
3. **Determine our family's rallying cry.**  
*clarify what makes our family unique*
4. **Respond to bids for connection.**  
*distinguish between turning away, against and toward*
5. **Find the power to keep loving.**  
*the gospel keeps us connected to Christ and each other*



## Determine our rallying cry...

### what makes our family unique: values, reality and priority

Joshua 24:14-24

<sup>14</sup> "Now fear the LORD and serve him with all faithfulness. Throw away the gods your forefathers worshiped beyond the River and in Egypt, and serve the LORD. <sup>15</sup> But if serving the LORD seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your forefathers served beyond the River, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the LORD."

<sup>16</sup> Then the people answered, "Far be it from us to forsake the LORD to serve other gods! <sup>17</sup> It was the LORD our God himself who brought us and our fathers up out of Egypt, from that land of slavery, and performed those great signs before our eyes. He protected us on our entire journey and among all the nations through which we traveled. <sup>18</sup> And the LORD drove out before us all the nations, including the Amorites, who lived in the land. We too will serve the LORD, because he is our God."

<sup>19</sup> Joshua said to the people, "You are not able to serve the LORD. He is a holy God; he is a jealous God. He will not forgive your rebellion and your sins. <sup>20</sup> If you forsake the LORD and serve foreign gods, he will turn and bring disaster on you and make an end of you, after he has been good to you."

<sup>21</sup> But the people said to Joshua, "No! We will serve the LORD."

<sup>22</sup> Then Joshua said, "You are witnesses against yourselves that you have chosen to serve the LORD."

"Yes, we are witnesses," they replied.

<sup>23</sup> "Now then," said Joshua, "throw away the foreign gods that are among you and yield your hearts to the LORD, the God of Israel."

<sup>24</sup> And the people said to Joshua, "We will serve the LORD our God and obey him."

- Find \_\_\_\_\_ the Israelites \_\_\_\_\_ to serve the Lord.
- List \_\_\_\_\_ the Israelites could do to show they served the Lord.

## Step 1 -- Values



List fundamental positive qualities (\_\_\_\_\_ ) that are \_\_\_\_\_ about your family.

Hint 1: Think about what inspired your relationship when you first met.

Hint 2: If you occasionally take it too far, it probably belongs on this list!



Fine-tuning:

Cross off values that are \_\_\_\_\_ but not \_\_\_\_\_.

(aspirational values)

Cross off values that you liked because they are \_\_\_\_\_ true.

**Step 2 – Realities: decisions you make that determine how you live**



Write down everything that's \_\_\_\_\_ about your family.

Hint: If this seems disorderly and chaotic, that's OK! Write. Don't categorize. Your list may include apples, pears, giraffes and pens. Fine.

Hint: Your list may seem repetitive or incidental. Fine.



From the realities you've just written, agree on three

\_\_\_\_\_.

- 
- 
- 



Use your \_\_\_\_\_ and three overriding \_\_\_\_\_ to write one paragraph (2-4 sentences) that describes how your family is not exactly like any other family in the world. E.g., "We are a family that values... We are a family that...(continue with what you do, actions, etc.)"

### **Step 3 – Rallying cry: your family’s top priority right now**



Write your family’s top \_\_\_\_\_ right now.

To get the right answer, ask yourself questions like,

- If we accomplish just one thing as a family before the 4th of July, what would that be?
- If there is one thing about our family that needs to be different by Labor Day, what would it be?
- What is it that we’d have to accomplish by the time school is over in order for us to say it was a successful school year?
- What is it that we’d have to accomplish by the time school starts in fall in order for us to say it was a successful summer?

- Limit: one answer
- Time frame: 2-6 months
- Is it too \_\_\_\_\_?
- Is it too \_\_\_\_\_?

**Definitions:**

Defining objectives

Things you'll do to achieve your Rallying Cry. E.g., If your family's rallying cry for the next 6 months is to reduce expenses, you might create the following defining objectives – refinance the house, get rid of the gas hog, take a less extravagant vacation, eat out less frequently, etc.

Ongoing objectives

The regular ongoing responsibilities you have to pay attention to. E.g., even if your rallying cry is to cut back on expenses, you don't want to jeopardize health and education. Most families have a similar set of standard objectives: financial health, physical health, spiritual health, marriage, education, social life, fun, etc. Standard objectives don't differentiate your family from others. And they encompass the things that were important to you last year and three years ago and will be next year and three years from now.



**Step 4 – Family scoreboard: how we will talk about and use these answers**

Copy your rallying cry here:

--

To make this happen, we will:

(These are **defining objectives**. Write 4-6 specific, teachable things you'll do to accomplish your rallying cry, one/box.)

--	--	--	--	--	--

Meanwhile, we'll also pay attention to: (These are **ongoing objectives**.

Write 4-6 ongoing specific things you'll also pay attention to, one/box)

--	--	--	--	--	--

## Meetings

- 1/week
- 10 minute limit
- Red, yellow, green for each objective
- Kids included?

## Visibility

- Whiteboard, chalkboard, printout
- Hang near family calendar



## Our Plan

Below are three actions you've practiced today. What action will you commit to doing by next week to...

1. ***Fine tune values for our family.***

*Agree on values that are undeniable about our family.*

2. ***Write overriding themes to distinguish our family from every other family.***

*Acknowledge these three things that make us unique:*

3. ***Determine our family's rallying cry.***

*Our priority for the next 3-6 months is...*

4. ***Keep our rallying cry alive.***

*We will keep the rallying cry in front of us and updated by doing...*