

Marriage Journey Reflection

Questions MODULE 3: Keys to Enduring Marriage

Video 3: Positive Perspectives on the Seasons of Marriage

Each season of your marriage will offer you an opportunity to grow in virtue by taking responsibility within the reality you are currently facing, whether it be little children, teenage years, planning for retirement, or dealing with a health crisis. It is important that we accept the season we are in so we can find purpose throughout our marriage by taking constructive action and being responsible for our current situation.

Exercise: Renewing Your Vows

Schedule a time and place to renew your vows. You can do this in a small private way, or in a larger ceremony. It is your preference.

1.) Intentionally Recommit

Being deliberate will make you more mindful of the marriage you are building with your spouse.

2.) Check-in and Assess

Discuss your current goals, priorities, and desires for your marriage by completing the following individually, and then review as a couple once you complete the exercise.

Life Areas	Current Successes
Spiritual Life	
Marriage	
Functional Needs	
Growth and Development	
Family/extended relationships	

Life Areas	Areas for Growth and Improvement
Spiritual Life	
Marriage	
Functional Needs	
Growth and Development	
Family/extended relationships	

3.) Future Vision

After completing and reviewing the above charts, create a vision together of what you want to see accomplished in the future.

Life Areas	Vision for Our Future
Spiritual Life	
Marriage	
Functional Needs	
Growth and Development	
Family/extended relationships	