RCC MARRIAGE DISCIPLESHIP TRACK

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MEETING 1: GETTING STARTED

FOCUS

Building initial connection by sharing history and current interests.

MEETING 1: GETTING STARTED

GUIDING QUESTIONS

- **How did you meet each other? What was dating like? What was the wedding like?**
- **What are some favorite memories from dating? (For the older couple: What are some favorite memories/experiences from the early years of marriage?)**
- **What are your favorite things to do together as a couple? What are your favorite things to do as individuals?**

MEETING 1: GETTING STARTED

PRAYER PROMPT

Thank God for the gift of marriage and for the specific ways He brought each couple together.

MEETING 2: SPIRITUAL JOURNEYS

FOCUS

Understanding how God has moved in each of your lives individually and as a couple.

MEETING 2: SPIRITUAL JOURNEYS

GUIDING QUESTIONS

- **Share your faith journey. What were the significant milestones?**
- **Where are you at now in your faith journey, and how do you want to grow or develop in your faith this year?**
- **What does pursuing God together look like in your marriage now or in the past?**

MEETING 2: SPIRITUAL JOURNEYS

PRAYER PROMPT

Pray over each couple's walk with Jesus.

MEETING 3: GOD'S DESIGN FOR MARRIAGE (GENESIS)

FOCUS

Discussing God's design for marriage.

MEETING 3: GOD'S DESIGN FOR MARRIAGE (GENESIS)

GUIDING QUESTIONS

For this meeting, please refer to Pastor Vermon's worksheet found in the Appendix.

MEETING 3: GOD'S DESIGN FOR MARRIAGE (GENESIS)

PRAYER PROMPT

Thank God for his design for marriage.

MEETING 4: ROLES WITHIN A CHRIST-CENTERED MARRIAGE: (EPHESIANS)

FOCUS

Discussing the roles God has given for marriage.

MEETING 4: ROLES WITHIN A CHRIST-CENTERED MARRIAGE: (EPHESIANS)

GUIDING QUESTIONS

For this meeting, please refer to Pastor Vermon's worksheet found in the Appendix.

MEETING 4: ROLES WITHIN A CHRIST-CENTERED MARRIAGE: (EPHESIANS)

PRAYER PROMPT

Thank God for the unique roles he has given men and women in marriage.

MEETING 5: RHYTHMS OF HEALTH & CONNECTION

FOCUS

Discussing the practical ways you prioritize the marriage.

MEETING 5: RHYTHMS OF HEALTH & CONNECTION

GUIDING QUESTIONS

- **What practices/habits have most helped you be healthy in your marriage?**
- **How do you support one another and remain connected when life gets busy or overwhelming?**
- **What do you define as a connection? What are the ways each individual feels connected to their spouse?**

MEETING 5: RHYTHMS OF HEALTH & CONNECTION

PRAYER PROMPT

Pray for protection over each couple's time, and for strength during busy or overwhelming seasons.

MEETING 5: RHYTHMS OF HEALTH & CONNECTION

SUPPLEMENTAL RESOURCES

You can access the “Art of Asking” sheet in the appendix. Use the questions to get to know your spouse better. Sometimes we forget to be students of one another. Continue to be curious about one another and have fresh perspectives on your spouse’s story. Likewise, you can access the “Keeping Track of You” resource in the appendix as a self-check-in during your own quiet time. After both spouses complete it, share your answers with one another. Use this as a way to check in with yourself and one another to build deeper connection.

MEETING 6: COMMUNICATION AND NAVIGATING CONFLICT

FOCUS

Normalizing conflict, extending grace, and learning how to repair

MEETING 6: COMMUNICATION AND NAVIGATING CONFLICT

BIBLE VERSES ON CONFLICT

James 4:1–3, 6-8 1
What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask. You ask and do not receive, because you ask wrongly, to spend it on your passions….

But he gives more grace. Therefore it says, “God opposes the proud but gives grace to the humble.” Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.

James 1:19–20
Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; 20 for the anger of man does not produce the righteousness of God.

MEETING 6: COMMUNICATION AND NAVIGATING CONFLICT

GUIDING QUESTIONS

- **What's an example of a disagreement or conflict you have had, and how did you navigate it?**
- **What have you learned from navigating disagreements or conflicts over the course of your marriage?**
- **How do you repair or resolve conflict? Has it changed over the years?**

MEETING 6: COMMUNICATION AND NAVIGATING CONFLICT

PRAYER PROMPT:

Pray for humility, quickness to listen, and a spirit of forgiveness in both marriages.

MEETING 6: COMMUNICATION AND NAVIGATING CONFLICT

SUPPLEMENTAL RESOURCES

You can access the “Occupying My Heart” sheet in the appendix. Use this as a way to slow down, reflect on how you’re doing, and share your observations regularly with your spouse. Likewise, you can use “Invisible Messages” and follow the instructions at the top of the sheet. Pay attention to what comes to mind, share it with your spouse, and consider what historic messages may be shaping you without you realizing it, and then pray together.

MEETING 7: FACING CHALLENGES AS A TEAM

FOCUS

Looking at how you tackle bigger, external obstacles as a unified team.

MEETING 7: FACING CHALLENGES AS A TEAM

GUIDING QUESTIONS

- **What is a challenge you've faced as a couple or as a family? How did you handle it?**
- **What are the things you would want to tell couples who are just starting to date?**
- **What would you want to tell couples who are in the early years of marriage?**

MEETING 7: FACING CHALLENGES AS A TEAM

PRAYER PROMPT

Thank God for His faithfulness through past hardships, and ask for His continued peace and wisdom for any current challenges.

MEETING 7: FACING CHALLENGES AS A TEAM

SUPPLEMENTAL RESOURCES

You can access the “Risk Assessment” sheet in the Appendix. This sheet can be used to help you check in with yourself about what kinds of things feel risky. What feels risky to you may not feel risky to your spouse. After both spouses have completed it, take time to discuss your answers together and notice where your responses are similar and where they differ.

MEETING 8: CELEBRATE AND REFLECT

FOCUS

Celebrating and reflecting on the time spent together, and discerning the next steps.

MEETING 8: CELEBRATE AND REFLECT

GUIDING QUESTIONS

- **What have you learned from the other couple during this time?**
- **Is there any area in your marriage where you think you need more support or help?**

MEETING 8: CELEBRATE AND REFLECT

BIBLE VERSES

Romans 8:31–32

What then shall we say to these things? If God is for us, who can be against us? He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?

Romans 8:38–39

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

MEETING 8: CELEBRATE AND REFLECT

CLOSING CONVERSATION

Read the above verses together and pray for one another. Remember that if God is always for us, then his love for us in Jesus will never leave us but always be there for us. We can have hope for our marriages because it means his unbreakable and all powerful love is always near to us in our marriages. Acknowledge that this is the final official meeting. Have a zero-pressure conversation about next steps.

MEETING 8: CELEBRATE AND REFLECT

PRAYER PROMPT

Pray over each couple's marriage and their continued journey with Jesus.

APPENDIX: WORKSHEETS & SUPPLEMENTAL RESOURCES

- 🔗 PASTOR VERMON'S WORKSHEET (MEETING 3)
- 🔗 PASTOR VERMON'S WORKSHEET (MEETING 4)
- 🔗 ART OF ASKING
- 🔗 KEEPING TRACK OF YOU
- 🔗 OCCUPYING MY HEART
- 🔗 INVISIBLE MESSAGES
- 🔗 RISK ASSESSMENT