

GOSPEL CENTERED Marriage

COUPLE'S CONNECTION GUIDE

5 Habits That Will Transform Your Marriage

Author James Clear writes in his book, *Atomic Habits*,

“Your outcomes are a lagging measure of your habits. Your net worth is a lagging measure of your financial habits. Your weight is a lagging measure of your eating habits. Your knowledge is a lagging measure of your learning habits. Your clutter is a lagging measure of your cleaning habits. You get what you repeat.”

All habits have a compounding effect, for better or for worse. As you stack small habits on top of one another, the end result multiplies. Our hope is that for you, the changes you experience are in the right direction: toward relational flourishing and marital health!

Proverbs 6:6 says, “Go to the ant, O sluggard; consider her ways, and be wise.” It’s by persistent, incremental diligence that the ant eats (v. 8), and not only that, she’s self motivated (v. 7). We can learn much from the ant, especially with regard to the wisdom or foolishness of our behaviors in marriage.

The goal of this Connection Guide is to help you identify problematic habits in your relationship and replace them with small, better ones. Answer each question below candidly and honestly, then wait and see how different your marriage looks in 6–12 months.

Instructions

Print two copies of pages 2–3 below. Then, take up to 15 minutes to answer the questions separately. After you’ve both completed your worksheet, review your answers and continue to the next page.

Questions to Answer Separately

Consider these first few questions as “warm ups”. Have fun, be kind, and don’t take it too seriously!

What habits do you have that drive your spouse nuts?

What habits does your spouse have that drive *you* crazy?

Hint: this is meant to be fun, not a time to be super critical.

What habits does your spouse have that you admire? Why? Be specific.

What has been the most consistent cause of arguments in your marriage over the past month(s)?

What habits do you think are contributing to those arguments?

List as many as you can, and be specific

Of the habits listed above, which one(s) can you claim the most responsibility for?

Questions to Discuss Together

Discuss your answers to the previous questions, paying special attention to the habits that contribute to your most consistent arguments. Look for and agree upon common causes, then continue below.

Given the most common sources of your arguments, what are 2–3 small habits you can adopt in order to begin growing in this area?

What will your relationship look like in three months if you stick to the above habits? Write a few descriptive sentences.

Seeking New Growth

In this session we discussed the five habits below. Discuss and circle 1–2 habits that offer the greatest growth opportunity in your marriage.

1. Making Conversations Meaningful
2. Praying For Each Other, Out Loud, Together
3. Planning for Intimacy (not just sex)
4. Living Beneath Your Means
5. Serving together

How can you start building the circled habit(s) into your daily and weekly rhythms of life? Try to list specific ways.

The five habits in the video touched on core areas of marriage. However, you probably have specific ideas for how you can grow, too. Consider each marital “category” below and fill out the table. Discuss and commit to improving in ONE area in your immediate future. Note: once you’ve mastered your first habit, tackle the next one. This is why compounding habits is so powerful!

Category	Bad habit(s) to remove	Good habit(s) to build
Spiritual Growth		
Communication		
Conflict		
Emotional Intimacy		
Sexual Intimacy		

Money Management		
Schedules and Priorities		
Parenting		
Family & Friends		
Other?		

Guide Couple Update

One of the biggest factors building and keeping good habits is accountability. Given what you've learned in this session and through this worksheet, connect with your Guide Couple via one or more of the prompts below.

1. Ask your guide couple about the most valuable habits they've cultivated that contribute to their marital strength. What about their response resonates most with you and why?

2. Share the consistent causes of arguments you uncovered in this guide. Ask them for prayer and accountability in building the habits you've listed in order to grow in those areas. Also consider asking them for additional ideas for how you can grow.

3. Share the one marital area where you're aiming to grow from the table on pages 6–7. Ask your Guide Couple about their experiences in that area. What bad habits have they had to remove and what good habits have they built?