COVENANT MARRIAGE BLUEPRINT

Mini-Course Workbook

✦ ✦ ✦

SESSION 6

What's Next?

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This is the closing session of the Covenant Marriage Blueprint Mini-Course. You have arrived at the end of the course. You have not arrived at the end of the work. This session does not introduce new teaching. It is built around one exercise, in two parts- a private letter and a shared plan-that turns six sessions of learning into something you will actually carry forward.

Come to this session with your Blueprint Reference Guide (Session 2), Cycle Map (Session 3), Fear Inventory (Session 4), and Formation Covenant (Session 5). You will need all four.

✦ *What You Are Carrying Out of This Course*

You are leaving this course with four things that most couples never develop a shared language for. Fill in each as it is named.

A name for your _____: the pattern you brought into this marriage, formed before you knew what it was. Not a sentence. A starting point.

A vocabulary for your _____: the predictable shape of what happens between you under pressure.

A set of practice _____: not a program to complete, but ongoing practices for the long arc of formation.

A different understanding of what your marriage is for; not primarily your comfort, but your _____.

✦ *What Comes Next Is Not Linear*

You will have a conversation this week that goes better than it would have before this course. You will also have one that goes exactly the way it always has. Both are _____.

The blueprint does not disappear because you have named it. What changes is that you now have _____ for it, and that is what makes a shared plan _____.

✦ *Tonight's Exercise: From Learning to Plan*

Four artifacts are sitting in your workbook right now: a Blueprint Reference Guide, a Cycle Map, a Fear Inventory, and a Formation Covenant. Tonight you consolidate all four into two things you will actually keep.

A LETTER TO NEXT YEAR

Private, written individually, _____ and set aside. This is where you say the honest, forward-facing things that do not fit neatly into a worksheet.

OUR ONE-PAGE MARRIAGE PLAN

Shared, written together, kept _____. This is the single page that carries the whole course forward: your blueprints, your cycle, what's underneath, your practice, and now your _____.

> *The letter comes first, individually. The plan comes second, together. You will not exchange full letters; only what you choose to bring into the _____.*

Individual Reflection

Letter to Next Year | Private, approximately 20 minutes. Work through the five prompts below on your own before you begin writing. Answer briefly here-a phrase is enough. You will use these to write the full letter on the following pages.

1 The blueprint pattern I most want to have loosened its grip on me a year from now is:

2 The moment in our cycle I most hope looks different a year from now is:

3 The fear underneath my part of the cycle that I hope feels less urgent a year from now is:

4 The practice discipline I most hope has become second nature by then is:

5 One hope I have for our marriage that I have never said out loud is:

✦ *Now Write the Letter*

Using what you just named, write a letter addressed to “Dear Us” or to your spouse by name, whichever feels honest. This is not a summary of the five answers above. It is a letter, written as though you are speaking across the year between now and then.

Consider including:

- What you hope is true about your marriage a year from now, and why it matters to you
- What you are grateful for right now, even in the middle of the work
- What you are still afraid of, and what you are choosing to do despite that fear
- One thing you want your future self to remember about who you are becoming

This letter is yours. No one will read it unless you choose to share it, including your spouse.

DEAR _____,

✦ *Couple Discussion*

The Shareable Core | Together, approximately 20 minutes. You will not exchange full letters. Put your phones away and give each other uninterrupted time. Take turns: one person speaks while the other listens, without problem-solving or rebuttal.

1 Read your answers to Individual Reflection questions 1 and 2 out loud to each other: the blueprint pattern and the cycle moment you named. Do not explain or defend. Simply say them.

2 Share the one hope from question 5 that you are willing to say out loud. Notice whether it matches what your spouse expected to hear.

3 Is there anything in your letter you want your spouse to know exists, even if you are not ready to share the exact words? You can say “there's something in here about _____” without reading it.

4 Complete this sentence to each other, out loud, taking turns: “One thing I hope is true about us a year from now is...”

✦ *Practice Exercise*

Our One-Page Marriage Plan | Together, approximately 20–30 minutes.

This is the artifact you keep. Pull out your Blueprint Reference Guide, Cycle Map, Fear Inventory, and Formation Covenant, along with what surfaced in your letters and discussion above. Fill in the five fields below together, writing in language you both agree on.

The first four fields are consolidation: one true sentence each, drawn from work you have already done. The fifth field is new: it is the one thing this course has not asked you to write until now.

1. OUR BLUEPRINTS

The pattern each of us brought into this marriage.

2. OUR CYCLE

The shorthand name for what happens between us under pressure.

3. WHAT'S UNDERNEATH

The fear each of us is protecting when the cycle runs.

4. OUR PRACTICE

The one discipline we are committing to, starting this week.

5. OUR VISION

Drawn from both letters: one sentence, written together, naming what you hope is true about your marriage a year from now.

✦ *Closing the Exercise*

- Seal your letters separately or together in one envelope. Write on the outside: “Open at our Annual Blueprint Review” and the date you set in Session 5.
- Keep the One-Page Plan somewhere you will actually see it- inside this workbook, on a shelf, wherever it will stay visible rather than filed away.
- When you reach your Annual Blueprint Review, open the letters first. Then revisit the plan and ask what needs to change.

Carrying This Forward

✦ *In the Next 30 Days*

- Practice the discipline named in field 4 of your One-Page Plan. Keep it small and specific. Consistency matters more than intensity.
- Use the Underneath Question at least once before your next significant conflict-of yourself first, then your spouse.

✦ *In the Next 6 Months*

- Find a couple further along than you, with a pairing similar to yours, and spend intentional time with them.
- Consider whether guided support (e.g. a coach, a counselor, or a cohort of couples doing the same formation work) would accelerate what you have started.

✦ *Ongoing*

- The Formation Prayer: Lord, show me that what is being formed in me today is available every morning. It requires only the willingness to ask an honest question.
- When the cycle runs, and it will: name the cycle before you name the conflict, ask the underneath question, make one counter-instinctual move, repair before you resolve.

The covenant is the container. The Spirit is the agent. Christ is the image you are being conformed to. The steadfastness is yours to offer. _____ it.

Session Notes

Use this space for anything from the session you want to capture: questions that came up, things that surprised you, or observations about yourself or your marriage that you want to carry forward.

Contact Wade

Scan the QR Code below and add me to your contacts.

