

Establishing A Vision For Your Marriage

"Where there is no vision, the people perish" (Proverbs 29: 18).

I. Benefits of Having a Written Vision and Goals

1. Amos 3:3 poses the question, "Can two walk together, unless they are agreed?" Having a vision and goals provides a basis for marriage and family _____.
2. Goal setting provides a sense of _____ and security. As you set goals and accomplished them, you are drawn closer together.
3. It offers a framework for _____ Ephesians 5:15-17.
4. It provides us with a reminder of _____.
5. Having goals helps us maintain _____ to those priorities and helps us keep our relationships with God and our family the top priority they deserve.

II. Clarifying Life Values and Setting Priorities

But seek first His kingdom and His righteousness, and all these things shall be given to you as well.
Matthew 6:33

What values govern the way you live your life? What matters most to you? Individually, take some time to study the list of values. Then put a check mark by the (5) categories of life that are most important to you.

Values:

Acquiring property and things (house, cars, etc).
Spending time with children.
Spiritual growth and development
Making more money
Friendships
Spending time with each other
Ministry/Service to Others
Health, fitness, etc

Civic/Community involvement
Career advancement
Relationship with God
Entertainment/Watching TV
Household responsibilities
Recreation/Leisure
Education/Learning
Other _____

My Top Five Values

1. _____
2. _____
3. _____
4. _____
5. _____

Our Top Five Values as A Couple

Now, take some time to discuss your top 5 values with your mate and then combine your lists and seek some consensus as to what you would say your top 5 values are as a couple.

1. _____
2. _____
3. _____
4. _____
5. _____

III. Project - Our Relationship Vision

1. On separate sheets of paper, working separately, write a series short phrases that describe your personal vision of a loving, deeply satisfying marriage relationship. Include qualities that you already have that you want to keep, and qualities that you want to have.

Envision these qualities coming about in your marriage. Write each sentence in the present tense, as if it were already happening. For example: "We have fun together." "We have a mutually satisfying sex life." "We are loving parents." "We are affectionate with each other." Make all your items positive statements. Write, "We settle our differences peacefully," rather than "We don't fight."

2. Share your sentences. Note the items you have in common and underline them. (It doesn't matter if you used different words, as long as the general idea is the same). If your mate has written sentences that you agree with but did not write down, add them to your list. For the moment, ignore items that are not shared.
3. Now turn to your own expanded list and rank each sentence (including the ones that are *not* in common with each other's) with a number from 1 to 3 according to its importance to you, with 1 indicating "very important," and 3 indicating "not so important."
4. Circle the two items that are most important to you.
5. Put a check mark beside those items that you think would be most difficult for the two of you to achieve.
6. Now work together to develop a joint relationship vision similar to the following example. Start with the items that you both agree are most important. Put a check mark by those items that you both agree would be difficult to achieve. At the bottom of the list, write items that are relatively least important. If you have items that are a source of disagreement between you, see if you can come up with a compromise statement that satisfies both of you. If not, leave the item off your combined list.
7. Post this list where you can see it daily. Once a week, for the next six months, read it aloud to each other.

Relationship Vision *(example)*

1. We worship and pray together regularly.
2. We communicate honestly and openly with each other.
3. We enjoy a mutually satisfying sex life.
4. We support and encourage each others goals.
5. We are each other's best friends.
6. We value our children and work together in parenting them.
7. We participate in mutually interesting leisure activities.
8. We share important decisions.
9. We have connect time with each other daily.
10. We trust each other.
11. We value our health and stay physically fit.
12. We respect each other.
13. We meet each other's most important needs.
14. We manage our finances together.
15. We honor our parents

We do hereby commit ourselves, our energy, resources and priorities to the growth and development of this vision for our marriage.

Royce M. Milam

Signed

Susan K. Milam

Signed

February 8, 1994

Date

Our Relationship Vision

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

We hereby commit ourselves, our energies, resources and priorities to the growth and development of this vision for our marriage.

Signed

Signed

Date

I. Spiritual Goals

- According to Proverbs 3:5-6, What conditions must we meet if we are to receive God's guidance?
Pray together asking for God's guidance in your goal setting

Two *SPIRITUAL* goals we will pursue as a couple:

1. _____
2. _____

Sample Spiritual goals:

- *Memorize one scripture verse per week.*
- *Study topical material on self-control and forgiveness.*
- *Attend a spiritual renewal conference or retreat*

II. Marriage Goals

On a scale of 1 - 5, how would you rate your satisfaction levels in the following areas of your relationship? (1 is low, 5 is high)

- Emotional intimacy (how close we are, how we communicate our feelings)

- Spiritual intimacy (how we understand and support each other's spiritual journey)

- Physical intimacy (how we physically communicate our love to each other)

Two Marriage goals we want to pursue?

"Let marriage be held in honor among all..."Hebrews 13:14

1. _____
2. _____

Sample Marriage goals:

- *Set aside weekly times for updating, sharing and planning.*
- *Schedule "dates" together, alone, weekly or twice monthly.*
- *Pray together daily.*
- *Express appreciation or encouragement to my mate at least once daily.*
- *Schedule quarterly "Get-Away" times without the kids.*

III. Family Goals

Two goals we want to pursue in our *FAMILY*:

1. _____

2. _____

Sample Family Goals

- *Begin weekly family nights for fun and conversation.*
- *Establish one night a week for family time; games, puzzles, crafts, etc. (something besides watching TV or movies.*
- *Eat dinner together at home twice a week without interruption from telephone or TV.*
- *Have weekly meetings with my mate to talk about our goals, needs, parenting ideas, etc*
- *Have family prayer together at meals.*

IV. Household Goals

Two goals we want to see accomplished in our *HOUSEHOLD*:

1. _____

2. _____

Sample Household goals:

- *Have weekly planning meetings to plan meals, date nights, activities, etc.*
- *Develop and agree on a list of household chores.*
- *Establish one night a week for family time; games, puzzles, crafts, etc. (something besides watching TV or movies.*

V. Financial Goals

“Let your character be free from the love of money” Hebrews 13:5

Two *FINANCIAL* goals we want to accomplish:

1. _____

2. _____

Sample Financial goals:

- *Establish a centralized place for all financial records and important papers.*
- *Develop or update our family budget and tracking system.*
- *Begin giving to our church and special ministries.*
- *Eliminate all credit card debt by the end of the year.*

VI. Personal Goals

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is...” Romans 12:2

Two PERSONAL goals I want to accomplish this year:

1. _____
2. _____

Sample Personal:

- *Reduce weight by 10 pounds, by changing my eating habits and following a healthy diet.*
- *Exercise 30 minutes, four times a week.*
- *Participate in a self-help activity (reading a book, attending a class, or getting godly counsel) that will help develop a discipline or eliminate a bad habit.*

“For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline”

VII. Ministry Goals

1. Based upon your spiritual journey so far, what ideas or possibilities do you have about how God might involve you in ministry and to others?
2. What particular aspects of your church might you most enjoy being involved in, such as children’s ministries, youth, choir, drama, ushering, teaching, serving on a committee, etc.
3. What talents, spiritual gifts, abilities, training, or life experiences does your mate have that could be a blessing to others?
4. How might your home be used as a place of ministry to other couples, families, children, or teenagers?
5. What ideas do you have for ministry together as a couple?
6. What other needs or ministries exist in the community that you might considered being involved with?

Two Specific MINISTRY goals we want to accomplish this year:

1. _____
2. _____

For even the son of man did not come to be served, but to serve, and to give His life a ransom for many.”
Mark 10:45