

Country Wife Chronicles



DIY Marriage Retreat

www.countrywifechronicles.com

Marriage Retreat Planning Tips

- ♥ **Get Away:** If at all possible, make a real effort to get away for a weekend. Make it feel special and something out of the ordinary. It can be a local getaway, or something more extravagant, but whatever you do, don't overbook your weekend agenda.
- ♥ **Discussion Time:** Plan for time to discuss the questions on the document. And don't try to do it all at once. I've designed this retreat to be split into 3 separate sessions. Some sessions require more in-depth discussions than others. Plan your agenda around these sessions.
- ♥ **Begin and End with Prayer:** If you don't already pray together, make a point throughout this weekend to begin and end each session with prayer. Ask God for leading in your discussion, for open hearts and hearing in the process. Go into each session as gently as possible, remembering you are on the same team and are just working to improve an already great relationship. Not trying to tear it down or pick it apart.
- ♥ **Plan for Fun:** Be sure to make this weekend getaway fun. Plan around the sessions, but be sure to include things like a romantic night on the town, or a walk on the beach. Maybe an afternoon of mini-golf or a morning farmer's market. Plan events you both enjoy that can break up the intense discussion sessions with fun and relaxation.

Instructions

This DIY Marriage Retreat is split into three separate sessions and is meant to be completed over the course of a weekend. Plan for at least three opportunities to complete each session with your spouse. You may choose to discuss a session over a meal, another on a walk later in the day, and perhaps the third over a cup of coffee the next morning. It really is up to you, but you may want to review what topics are discussed in each session to choose the best scenario in which to discuss it.

Session 1 Reflecting on the Past

Reflect on the following questions individually, then discuss together with your spouse.

- ♥ How did you meet each other? What was it that attracted you to your spouse?
- ♥ How were you different as a person when you first met? How have you grown since then?
- ♥ What are your fondest memories from your dating days to your wedding day?
- ♥ What have been some of the low points in your life that your relationship has endured?
- ♥ What have been the highlights you've experienced together over the years?
- ♥ How have your expectations of marriage shifted since your first year of marriage together?
- ♥ How has your spouse supported and encouraged you in the past?
- ♥ What growth and improvements have you witnessed in your spouse over the years?

Session 2

No Time Like the Present

Discuss the following questions together through conversation.

- ♥ How would you describe your spouse in 3-5 adjectives?
- ♥ Are you both happy in your current careers and/or roles in the relationship? Why or why not?
- ♥ How have you handled recent conflicts in your relationship? What would you like to see change in this area moving forward?
- ♥ What are your current financial concerns and/or goals as a couple?
- ♥ What major events do you anticipate in the coming year? Discuss how you both would like to approach these events.
- ♥ How would you describe your current relationship with God? How can you help each other grow in your faith?
- ♥ What are each of your current pet peeves and how can you each work to alleviate them for the other?
- ♥ What would you say is the most important lesson you've learned in marriage thus far?

Session 3

Looking to the Future

Discuss the following questions together through conversation.

- ♥ Are you content where you are currently living? Do you anticipate moving in the future? If so, where and why?
- ♥ What major expenses do you foresee for the future? How can you be prepared for them?
- ♥ What expectations do you have for the future?

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Session 3

Looking to the Future

Discuss the following questions together through conversation.
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- ♥ How can you be an encouragement to one another moving forward?
- ♥ Are you feeling led by the Holy Spirit in any specific way? How would you like to see your faith grow over the next five years?
- ♥ Choose 3 areas in which you would like to see more help from your spouse moving forward. Use their suggestions to guide your efforts for the future.
- ♥ What personal goals do you have for the future? What marriage goals do you have for the future? What family goals do you have for the future?

Congratulations!

You did it! You completed your very own DIY Marriage Retreat! I so hope you found this tool helpful for your relationship, at the very least, I pray that it was a conversation starter for you and your spouse.

Marriage is all about intentionality. When you choose to be a **Wife on Fire** by making the effort, taking the time, and investing in your relationship, you fan the flame for an everlasting love, a **Marriage on Fire**.

Thank you for stopping by the blog and downloading this free DIY Marriage Retreat document.

Be Still & Know...

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