



UNITED

| A 10 Week Love Journey
| for Married Couples

A Note from Pastor Jubal

Dear Friends,

I want to personally thank you for saying yes to this journey.

Marriage is one of the most sacred callings God gives us and also one of the most challenging. It takes courage to show up, to grow, to confront hard things, and to believe that with God, your best days can still be ahead.

These notes aren't just information. They're an invitation: to reflect, to reconnect, and to rebuild stronger than ever. Whether your marriage is thriving or hanging by a thread, I want you to know this: **God is with you, and we are for you.**

You've been given time, space, and tools to grow. What you do with them now is up to you. But I believe, with all my heart, that if you put in the work, stay humble, stay prayerful, and lean into what God is doing, **your marriage can flourish in ways you never imagined.**

Let's finish this journey stronger than we started. You're not alone. We're in this with you.

Anticipating Great Things,



Pastor Jubal García

INDEX

WEEK 1: GOD AT THE CENTER OF OUR MARRIAGE	PAGE 05
WEEK 2: COMMUNICATION THAT BUILDS, NOT BREAKS	PAGE 09
WEEK 3: RESOLVING CONFLICT IN A GODLY WAY	PAGE 13
WEEK 4: SEXUAL INTIMACY & SACRED CONNECTION	PAGE 17
WEEK 5: REBUILDING TRUST AFTER DISAPPOINTMENT	PAGE 21
WEEK 6: FIGHTING FOR UNITY IN A DIVIDED WORLD	PAGE 25
WEEK 7: MONEY, STRESS, AND SHARED PRIORITIES	PAGE 29
WEEK 8: PARENTING WITH PURPOSE AND UNITY	PAGE 33
WEEK 9: SPIRITUAL GROWTH AS A COUPLE	PAGE 37
WEEK 10: FINISHING STRONG & STAYING FAITHFUL	PAGE 41

WEEK 1:

GOD AT THE CENTER OF OUR MARRIAGE

Psalm 127:1a (NLT): “Unless the Lord builds a house, the work of the builders is wasted.”

INTRODUCTION:

Most couples want a good marriage. But God wants something better for you—a **Godly** one. Good marriages are built on effort. Godly marriages are built on surrender.

The problem? Many couples invite God to their wedding day, but they never invite him into their marriage and home.

If God is not in the center, even the strongest love can drift apart. But when Jesus is the cornerstone, everything else; love, healing, forgiveness, and intimacy finds its place.

1. A STRONG MARRIAGE STARTS WITH A STRONG FOUNDATION.

- ▶ ***Psalm 127:1a (NLT): “Unless the Lord builds a house, the work of the builders is wasted.”***
- ▶ Many marriages are full of effort, but the foundation is wrong.
- ▶ God is not just a piece of your life, He wants to be the center of it.
- ▶ A Christian marriage isn’t just about praying over dinner, it’s about building every part of your life around Jesus.
- ▶ Without God at the center, even the best marriages collapse under pressure.

2. WHEN GOD IS FIRST, EVERYTHING ELSE FINDS ITS PLACE.

- ▶ ***Matthew 6:33 (NLT): “Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”***
- ▶ When Jesus is your priority, your marriage gains peace, clarity, and purpose.
- ▶ Putting God first means He influences your decisions, communication, finances, parenting, and sexual intimacy.
- ▶ Couples drift when their lives revolve around work, kids, or stress. But when both partners revolve around God, they’re drawn closer to each other.
- ▶ Visual Aid: Draw a triangle: God at the top, husband and wife at the bottom corners. The closer you both get to God, the closer you get to each other.
- ▶ ***Colossians 1:17 (NLT): “He existed before anything else, and he holds all creation together.”***
- ▶ If Jesus can hold the universe together, He can hold your marriage together too.

3. A CHRIST-CENTERED MARRIAGE LOOKS DIFFERENT.

- ▶ ***Colossians 3:16–17 (NLT): “Let the message about Christ, in all its richness, fill your lives... Do it as a representative of the Lord Jesus...”***
- ▶ When Jesus is the center, love becomes deeper, forgiveness comes easier, joy lasts longer.
- ▶ A Godly marriage is not free from problems, but it is full of grace, strength, and direction. Your marriage becomes a testimony of the gospel to your kids, your friends, and the world.

- ▶ ***Ecclesiastes 4:12 (NLT): “A triple-braided cord is not easily broken.”***
- ▶ God makes the difference between a marriage that survives and one that thrives.
- ▶ Example: Share a short testimony of a couple who struggled in their marriage until they made Christ the center—everything began to change (example: they started praying together, attending church, making God-led decisions... and they found healing and unity they hadn't had in years).

CLOSING STORY

Tell the story about the couple who planned the perfect wedding, venue, food, flowers, guests—but never built a plan for their marriage. Now contrast it with the couple who made Jesus their foundation, even when money was tight or problems arose, they stood strong.

The difference wasn't the budget—it was the builder. “Unless the Lord builds the house, the work is wasted...”

CLOSING PRAYER

God, we don't want to build our marriage without You. Be our builder. Be our foundation. Be the center of our relationship. Teach us how to love like You, forgive like You, and live for You. We don't just want a good marriage, we want a Godly one. Let our home reflect You. In Jesus' name, Amen.

WEEK 2: COMMUNICATION THAT BUILDS, NOT BREAKS

Ephesians 4:29 (NLT): “Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.”

INTRODUCTION

Communication is one of the biggest challenges, and greatest opportunities in marriage.

Some of the deepest wounds in relationships aren't caused by infidelity or finances, but by words; sharp ones, careless ones, repeated ones.

Proverbs 18:21 (NLT): “Death and life are in the power of the tongue.”

This week, we're not just talking about speaking more—we're learning to speak better. God wants your words to be tools for building, not weapons for breaking.

1. YOUR WORDS SHAPE THE HEALTH OF YOUR HOME.

- ▶ ***Ephesians 4:29 (NLT): “Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.”***
- ▶ Your words carry weight. Tone, timing, and truth all matter.
- ▶ You don't need to shout to hurt; sarcasm, silence, or criticism can damage too.
- ▶ The goal isn't just avoiding arguments; it's building a culture of encouragement.

- ▶ Studies show it takes 5 positive interactions to balance out 1 negative one in marriage. That's how powerful your words are.
- ▶ Illustration: Words are like bricks: you can build a home or break a window. It depends on how you use them. (Have a brick on stage as an illustration)
- ▶ "Communication isn't about being right—it's about being connected."

2. LISTENING IS JUST AS HOLY AS SPEAKING.

- ▶ ***James 1:19 (NLT): "Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry."***
- ▶ Most couples don't have a talking problem, they have a listening problem.
- ▶ Listening is not just about hearing words; it's about hearing the heart.
- ▶ Don't listen to defend, listen to understand.
- ▶ ***Proverbs 18:13 (NLT): "Spouting off before listening to the facts is both shameful and foolish."***
- ▶ Practical Tip: Use the "mirror technique"—repeat back what your spouse says in your own words to show understanding. (Give an on stage example)
- ▶ Illustration: Imagine a phone with bad reception—messages get dropped, cut off, or misunderstood. Many marriages function like that. But clear, gracious listening reconnects the signal.

3. GRACE-FILLED SPEECH BRINGS HEALING AND UNITY.

- ▶ ***Colossians 4:6 (NLT): “Let your conversation be gracious and attractive so that you will have the right response for everyone.”***
- ▶ Speaking the truth is important, but truth without grace becomes cruelty.
- ▶ Some people win the argument but lose the relationship. Choose healing over being right.
- ▶ Godly communication includes: Kindness in tone, Clarity in words, and Humility in conflict.
- ▶ ***Proverbs 15:1 (NLT): “A gentle answer deflects anger, but harsh words make tempers flare.”***
- ▶ Analogy: Your words are like seasoning. Too much spice burns. Grace makes truth easier to digest.
- ▶ Mini-Challenge for Couples (optional during session): Turn to each other and say one thing you appreciate about your spouse’s character—not performance. Speak life.

CLOSING STORY

Share the story about the couple who almost gave up—not because of betrayal, but because of **miscommunication**. Every conversation felt like a battlefield. But when they learned to slow down, listen, and speak with grace, their connection was restored.

It wasn’t a new job, a vacation, or counseling that saved their marriage, it was humble, Holy Spirit-led communication.

CLOSING PRAYER

Lord, teach us to speak with kindness, listen with love, and respond with patience. Help us unlearn the ways we've wounded each other and relearn the way You speak to us, with grace, truth, and tenderness. Let our communication bring life to our marriage. In Jesus' name, Amen.

HOMEWORK

This week's homework is designed to help you take everything we talked about and apply it in real-life conversations. It includes reflection questions, Bible study, a journaling exercise, and a daily check-in challenge that will help you grow in how you speak and listen to each other. You can download the **Week 2 Homework** at [metanoyachurch.org/united].

Remember—**strong communication doesn't come from talking more. It comes from practicing better.** This week is your chance to start doing just that.

NOTES

WEEK 3: RESOLVING CONFLICT IN A GODLY WAY

Ephesians 4:26 (NLT): “Don’t sin by letting anger control you. Don’t let the sun go down while you are still angry.”

INTRODUCTION

Conflict is inevitable, but how you handle it determines whether your marriage grows stronger or weaker.

Every couple fights. The goal isn’t to never disagree. The goal is to learn how to fight fair and finish with unity, not damage.

The world teaches us to fight to win. God teaches us to fight for each other.

You can be 100% right and still 100% wrong in how you handle conflict. In a godly marriage, reconciliation is the win.

1. YOUR SPOUSE IS NOT YOUR ENEMY.

- ▶ ***Ephesians 4:26–27 (NLT): “Don’t sin by letting anger control you. Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.”***
- ▶ Conflict gives Satan an opportunity, if we don’t resolve it quickly.
- ▶ In marriage, we must separate the problem from the person.
- ▶ You’re not enemies, you’re teammates with a common enemy: division.

- ▶ Illustration: Imagine being in a boat with your spouse, if one person drills a hole, you both sink. Conflict handled poorly doesn't just hurt one, it affects the whole marriage.
- ▶ ***Proverbs 15:18 (NLT): "A hot-tempered person starts fights; a cool-tempered person stops them."***
- ▶ Practical Insight: Anger is like fire, it can warm or it can burn. It all depends on how you handle it.

2. CONFLICT ISN'T THE PROBLEM—PRIDE IS.

- ▶ ***James 4:1-2 (NLT): "What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you?"***
- ▶ Many arguments are not about the issue, they're about ego.
- ▶ Pride says, "I'm right." Humility says, "Let's make it right."
- ▶ Confession and forgiveness bring healing, not winning the debate.
- ▶ You can be right in content and wrong in your character.
- ▶ ***Matthew 5:23-24 (NLT): "If you are presenting a sacrifice... and you suddenly remember that someone has something against you... go and be reconciled."***
- ▶ Marriage Application: Don't wait to "feel better" before making peace. Go first. Reconciliation is more important than being right.
- ▶ Example: Share about the couple who always swept things under the rug until resentment piled up. It wasn't the arguments—it was the lack of humility that drove them apart.

3. GODLY CONFLICT LEADS TO RESTORATION, NOT RESENTMENT.

- ▶ ***Romans 12:17–18 (NLT): “Do all that you can to live in peace with everyone.”***
- ▶ Godly conflict doesn't avoid hard conversations, it handles them with truth and grace.
- ▶ It's not peacekeeping (avoiding) but peacemaking (healing).
- ▶ Resolution takes courage, gentleness, timing, and a commitment to forgive.
- ▶ ***Colossians 3:13 (NLT): “Make allowance for each other's faults... forgive anyone who offends you.”***
- ▶ Tool: The Conflict Reset Plan
 - Introduce this idea for couples:
 - Pause word: "Let's reset"
 - Time to revisit: 20-minute break and return
 - Verse reminder: Post a Scripture in the home (e.g., James 1:19)
- ▶ Illustration: Just like a wound needs cleaning to heal, relationships need truth, grace, and care to recover after conflict.

CLOSING STORY

Tell the story of the married couple who had years of tension. They loved each other—but never learned how to resolve conflict. After a crisis, they sought biblical pastoral counsel and started praying before every hard conversation. They introduced a reset phrase, agreed on “no yelling” boundaries, and finally started healing.

WEEK 4:

SEXUAL INTIMACY & SACRED CONNECTION

1 Corinthians 7:3 (NLT): “The husband should fulfill his wife’s sexual needs, and the wife should fulfill her husband’s needs.”

INTRODUCTION

In a world filled with distorted views of sex, the church must reclaim what God originally designed: sacred intimacy within marriage.

Sex isn’t dirty. It’s not just physical. It’s not taboo. Sex, in the context of marriage, is God-designed, God-honoring, and Go-glorifying.

But many couples are confused, ashamed, or disconnected when it comes to sexual intimacy—because no one ever disciplined them in this area.

Today, we’re going to explore how sexual connection is a spiritual gift that builds trust, unity, and joy in a healthy marriage.

1. GOD CREATED SEX AS SACRED, NOT SHAMEFUL.

- ▶ ***Genesis 2:24–25 (NLT): “This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one. Now the man and his wife were both naked, but they felt no shame.”***
- ▶ God’s design for sex is rooted in oneness; emotionally, spiritually, and physically.
- ▶ The world has corrupted what God called good by detaching sex from marriage.

- ▶ “Naked and unashamed” represents not just physical openness, but full vulnerability and trust.
- ▶ ***Hebrews 13:4 (NLT): “Give honor to marriage, and remain faithful to one another in marriage. God will surely judge people who are immoral and those who commit adultery.”***
- ▶ God calls sex in marriage honorable. The enemy wants you to feel shame about what God calls sacred.
- ▶ Illustration: Think of fire; it’s powerful and good in the fireplace (marriage), but destructive when it’s outside of its boundaries (culture, lust, adultery, porn, etc.).

2. INTIMACY IN MARRIAGE IS ABOUT GIVING, NOT JUST GETTING.

- ▶ ***1 Corinthians 7:3–5 (NLT): “The husband should fulfill his wife’s sexual needs, and the wife should fulfill her husband’s needs... Do not deprive each other... so that Satan won’t be able to tempt you...”***
- ▶ True intimacy is not performance: It’s selfless connection.
- ▶ Both partners are called to serve, not pressure.
- ▶ Sex should never be used as manipulation or withheld as punishment.
- ▶ Practical Insight: Many couples struggle because they treat sexual intimacy as a duty instead of a delight. Real connection requires grace, safety, and communication not guilt or pressure.
- ▶ Sex is not about taking; it’s about giving: caring for your spouse’s heart, body, and soul.

- ▶ Optional Mini-Tool: Teach the importance of “non-sexual touch” and emotional connection that builds toward physical intimacy over time.

3. INTIMACY REQUIRES SAFETY, HONESTY, AND GRACE.

- ▶ ***Song of Songs 4:1–16 (summary): A poetic celebration of sexual and emotional connection. God not only permits—but blesses joy in marital intimacy.***
- ▶ Many couples carry baggage: past trauma, guilt, low self-worth, unmet expectations.
- ▶ A healthy sex life begins with a safe space to talk honestly and pray together.
- ▶ The goal is not perfection, it’s progress toward unity, joy, and mutual understanding.
- ▶ ***Colossians 3:12–14 (NLT, paraphrased): “Clothe yourselves with compassion, kindness, humility, gentleness, and patience... Above all, clothe yourselves with love.”***
- ▶ Example: A couple realized that sex had become a source of conflict. After setting aside a “grace night” to talk—not touch—they cried, forgave, and began rebuilding intimacy on honesty and prayer, not performance.

CLOSING STORY

Tell a story or example about the couple who had mismatched intimacy desires—one felt pressure, the other felt rejection. Over time, they brought their pain into the light. Through grace, conversation, and prayer, they started to enjoy deeper intimacy not just in the bedroom, but in how they held hands, spoke kindly, and listened to each other.

God didn’t create sex to be awkward or absent in marriage. He created it as a sacred expression of covenant love, pleasure and joy.

WEEK 5:

REBUILDING TRUST

AFTER DISAPPOINTMENT

1 Corinthians 13:5b (NLT): “Love... keeps no record of being wronged.”

INTRODUCTION

Every couple experiences moments of hurt—moments that damage trust.

Sometimes it’s a big blow. Other times it’s a slow erosion through small lies, neglect, or emotional distance. The result is the same: disconnection.

But trust isn’t a lost cause. With God, what’s been broken can be healed, and what’s been lost can be rebuilt.

The world tells you to protect yourself. The gospel teaches you to forgive, rebuild, and love like Jesus.

This week, we’re learning that trust can be broken—but with God’s help, it can also be restored.

1. TRUST BREAKS QUICKLY—BUT REBUILDS SLOWLY.

- ▶ ***Proverbs 28:13 (NLT): “People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.”***
- ▶ Trust is fragile. It’s broken through deception, distance, or disregard.
- ▶ Hiding sin or mistakes only delays healing.

- ▶ The one who broke trust must walk in humility, consistency, and honesty.
- ▶ The one who was hurt must walk in grace and wisdom, not revenge.
- ▶ Illustration: Think of trust like a glass window. One stone of betrayal can crack it. But rebuilding requires time, craftsmanship, and care, it doesn't happen with a single "I'm sorry."
- ▶ Quote: "Trust is earned in drops and lost in buckets."

2. LOVE FORGIVES, BUT DOESN'T PRETEND NOTHING HAPPENED.

- ▶ ***Ephesians 4:31–32 (NLT): "Get rid of all bitterness... Instead, be kind... forgiving one another, just as God through Christ has forgiven you."***
- ▶ Forgiveness is not forgetting; it's releasing.
- ▶ God calls us to "keep no record of wrongs," but that doesn't mean ignoring wisdom.
- ▶ Forgiveness is what begins the healing. Accountability is what builds the future.
- ▶ ***1 Corinthians 13:5–7 (NLT): "Love keeps no record of being wronged... Love never gives up, never loses faith, is always hopeful..."***
- ▶ Practical Note: Forgiveness does not erase the need for boundaries. Rebuilding trust means changing patterns, not just saying sorry.
- ▶ Illustration: Forgiveness is like unlocking the door. But rebuilding trust is choosing to walk through it together—day after day.

3. GOD CAN RESTORE WHAT SATAN TRIED TO DESTROY.

- ▶ ***Psalm 147:3 (NLT): “He heals the brokenhearted and bandages their wounds.”***
- ▶ God is not just the God of second chances; He’s the God of restoration.
- ▶ When both spouses surrender to God’s process, even the ugliest wounds can become testimonies.
- ▶ Restoration happens when the couple begins to say:
 - “We’re not going to live in the past.”
 - We’re not going to define ourselves by failure.”
 - “We’re going to rebuild—with God’s help.”
- ▶ Example: A couple walked through infidelity. It shattered their marriage but over time, with confession, counseling, mentorship, and constant grace, they were restored. Years later, they now mentor other couples walking through betrayal.
- ▶ Your greatest wound can become your greatest witness if God is the one rebuilding.

CLOSING STORY

Tell a story about a broken piece of pottery or furniture that was thrown out—until someone saw its potential, took the time to restore it, and made it more beautiful than it originally was. (On Stage Dynamic)

Moral: God doesn’t throw out broken things. He restores them—stronger, deeper, and more meaningful than before.

CLOSING PRAYER

Jesus, You are the Healer of hearts and the Restorer of broken things. Help us be honest without fear and forgive without holding back. Rebuild what we have lost. Teach us to trust again—not just in each other, but in You. Let our story become a testimony of grace. In Your name, Amen.

HOMEWORK

This week's homework is powerful. It includes a forgiveness exercise, honest reflection, and a plan to rebuild what's been broken. It's not easy—but it's worth it. You can download **Week 5's Homework at** [metanoyachurch.org/united] or pick up the printed handout. Let God begin a new work in your marriage this week.

NOTES

WEEK 6: FIGHTING FOR UNITY IN A DIVIDED WORLD

Ephesians 4:3 (NLT): “Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.”

INTRODUCTION

Unity in marriage doesn't happen by accident. It takes intentional effort, honest conversations, and constant prayer.

We live in a world that thrives on division, political outrage, cultural polarization, social comparison. That same spirit of division creeps into our homes if we're not careful.

Unity doesn't mean you're the same; it means you're surrendered to the same mission.

Marriage is a covenant of oneness. But the cracks often begin with small distractions, outside voices, or selfish desires. This week, we'll explore how to fight for unity—spiritually, emotionally, and practically.

1. UNITY TAKES EFFORT—BUT IT'S WORTH FIGHTING FOR.

- ▶ ***Ephesians 4:3 (NLT): “Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.”***
- ▶ Unity isn't natural; it's intentional.
- ▶ Division starts small: a sarcastic comment, a busy schedule, an unresolved disagreement.
- ▶ Couples must make every effort; not just in crisis, but in the everyday moments.

- ▶ ***Philippians 2:2–4 (NLT): “Agree wholeheartedly... love one another... be humble, thinking of others as better than yourselves.”***
- ▶ Illustration: Think of your marriage as a team rowing a boat—if one stops rowing, or starts rowing in the opposite direction, you drift. Unity means you row together, even when the current gets rough.
- ▶ Quote: “Unity doesn’t mean avoiding conflict—it means staying connected through it.”

2. UNITY IS BUILT ON HUMILITY, HONOR, AND LISTENING.

- ▶ ***Matthew 19:6 (NLT): “Since they are no longer two but one, let no one split apart what God has joined together.”***
- ▶ Division doesn’t always come from outside; sometimes pride, stubbornness, or bitterness can create a wedge.
- ▶ Humility means putting “we” before “me.”
- ▶ Honor means valuing your spouse’s heart, not just their role.
- ▶ ***Ecclesiastes 4:9–12 (NLT): “Two people are better off than one... A triple-braided cord is not easily broken.”***
- ▶ Practical Insight: Many couples lose unity because they stop listening. Be quick to listen, slow to speak, and eager to understand—not just respond.
- ▶ Application Idea: Ask: “What’s one area where I can practice humility this week?” It might be in conflict, decision-making, or daily tasks.

3. OUTSIDE VOICES CAN UNDERMINE YOUR MARRIAGE— GUARD YOUR MARRIAGE.

- ▶ ***John 10:5 (NLT): “They won’t follow a stranger; they will run from him because they don’t know his voice.”***
- ▶ The enemy doesn’t need a wrecking ball; just a crack in the wall.
- ▶ Social media, toxic friendships, work stress, and even family drama can pull couples apart if boundaries aren’t clear.
- ▶ Unity requires protecting your marriage from voices that are louder than God’s.
- ▶ Ask your spouse:
 - “What voices are influencing us more than God’s Word?”
 - “What boundaries do we need with technology, friends, or extended family?”
- ▶ Illustration: Your marriage is like a garden—if you don’t pull the weeds (distractions, influences, pressure), they’ll choke out the growth.

CLOSING STORY

Tell a story about a couple who let small outside influences (work, family opinions, media, distractions) pull them apart—until they realized they weren’t fighting with each other, they were fighting against each other.

When they refocused on shared goals—prayer, purpose, and presence—they found renewed connection. Their home didn’t get quieter—but it got stronger.

WEEK 7: MONEY, STRESS, AND SHARED PRIORITIES

Matthew 6:21 (NLT): “Wherever your treasure is, there the desires of your heart will also be.”

INTRODUCTION

Money can be a powerful tool—or a dangerous wedge in marriage.

Most financial conflict isn’t about dollars, it’s about differences. Different upbringings. Different priorities. Different fears.

Money is not just a budget issue: It’s a spiritual and relational issue.

Jesus made it clear: where your treasure goes, your heart follows. That’s why financial unity matters: It’s not about control, but about mission, trust, and peace.

1. MONEY REVEALS WHAT WE VALUE MOST.

- ▶ ***Matthew 6:21 (NLT): “Wherever your treasure is, there the desires of your heart will also be.”***
- ▶ Money isn’t neutral: It reflects our values, priorities, and trust.
- ▶ A couple may not fight about money itself, but about what money represents:
 - Safety
 - Control
 - Identity

- Power
- Generosity
- ▶ Example: One spouse sees spending as a reward; the other sees saving as security. Neither is wrong, but without unity, those differences cause tension.
- ▶ Insight: If you want to know what matters to someone, look at their calendar and their bank statement. That's where their heart lives.

2. FINANCIAL UNITY TAKES CONVERSATION, NOT CONTROL.

- ▶ ***Amos 3:3 (KJV): “Can two walk together, except they be agreed?”***
- ▶ Financial peace doesn't mean one person takes over, it means both walk together in honesty, transparency, and shared purpose.
- ▶ Talk about goals, fears, and habits.
- ▶ Don't hide spending, delay tithing, or ignore debt.
- ▶ ***Proverbs 21:5 (NLT): “Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty.”***
- ▶ Practical Tip: Create a “Budget Huddle” once a month. Look at income, bills, giving, and goals—together. Let it be a team effort, not a battlefield.
- ▶ Quote: “Financial unity doesn't come from earning more—it comes from trusting God and each other more.”

3. GENEROSITY AND STEWARDSHIP ARE KEYS TO PEACE.

- ▶ ***Malachi 3:10 (NLT): “Bring all the tithes into the storehouse... I will pour out a blessing so great you won’t have enough room to take it in!”***
- ▶ Tithing is not just a spiritual duty it’s a trust declaration.
- ▶ Stewardship means seeing every dollar as God’s, not just yours.
- ▶ Generosity breaks the grip of fear and selfishness.
- ▶ ***1 Timothy 6:6–10 (summary): Contentment is more powerful than riches. The love of money—not money itself—is the root of many problems.***
- ▶ Illustration: Imagine your finances as a pipe. If it’s clogged with fear, greed, or secrecy, nothing flows. But if it’s surrendered to God, provision and peace can flow freely.

CLOSING STORY

Share a story about the couple overwhelmed by financial stress—maxed credit cards, secret spending, constant fights. But when they began budgeting together, tithing faithfully, and talking openly, everything changed. They didn’t become rich—but they became **peaceful, united, and generous**.

God didn’t remove their stress overnight—He replaced it with peace and trust.

CLOSING PRAYER

Father, thank You for every resource You’ve placed in our hands. Help us manage our money with wisdom, not worry. Remove fear, pride, or selfishness. Show us how to honor You and bless others with our finances. Make us generous, united, and content. In Jesus’ name, Amen.

WEEK 8:

PARENTING WITH PURPOSE AND UNITY

Proverbs 22:6 (NLT): “Direct your children onto the right path, and when they are older, they will not leave it.”

INTRODUCTION

Parenting is one of the greatest privileges—and one of the greatest pressures—in marriage.

It’s not just about raising good kids—it’s about launching faith-filled disciples of Jesus into the world.

But here’s the truth: Your marriage is your kids’ first classroom. What you model will speak louder than what you say.

Kids don’t need perfect parents. They need present, prayerful, and unified ones.

This week, we’ll learn how parenting with purpose and unity sets the tone for your children’s faith, identity, and future.

1. PARENTING IS DISCIPLESHIP, NOT JUST DUTY.

- ▶ ***Deuteronomy 6:6–7 (NLT): “Repeat [God’s commands] again and again to your children. Talk about them when you are at home, and when you are on the road, when you are going to bed and when you are getting up.”***
- ▶ Parenting isn’t just provision—it’s spiritual formation.
- ▶ Your daily rhythms should point your kids to Jesus.

- ▶ Discipleship doesn't mean a perfect home—it means a Jesus-centered one.
- ▶ ***Psalm 127:3 (NLT): “Children are a gift from the Lord; they are a reward from him.”***
- ▶ Practical Insight: Instead of focusing only on behavior, ask: “What is the heart behind this behavior, and how can I point them to truth?”
- ▶ Illustration: A gardener doesn't force fruit to grow—he creates the right environment for growth. Likewise, we create a spiritual atmosphere through prayer, conversation, and consistency.

2. KIDS FLOURISH WHEN PARENTS ARE UNITED.

- ▶ ***Ephesians 6:4 (NLT): “Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord.”***
- ▶ Division between parents creates confusion in kids.
- ▶ Unity doesn't mean you always see things the same—but you choose to stand together in front of your children.
- ▶ Have the hard conversations about discipline, social media, school, and values privately, so you can lead publicly with unity.
- ▶ Example: One spouse is the “soft one” and the other the “strict one.” This creates tension unless they come together and create shared boundaries, expectations, and tone.
- ▶ Quote: “The most consistent voice your children hear is the one your marriage speaks.”

3. YOUR EXAMPLE SHAPES THEIR DIRECTION.

- ▶ ***Proverbs 22:6 (NLT): “Direct your children onto the right path, and when they are older, they will not leave it.”***

- ▶ Children imitate what they see, not just what they're told.
- ▶ How you handle conflict, show love, pray, serve, give, and worship will shape how they follow Jesus.
- ▶ Legacy is built one small faithful day at a time.
- ▶ Illustration: A father once said, "I don't want to be perfect—I just want to be the kind of man I'd be proud for my son to become." That's the goal: to lead by a Godly example.
- ▶ Optional Activity for Class (if time allows): Have each spouse turn to their partner and say: "One way I see you modeling godly parenting is..." (This builds encouragement and mutual appreciation.)

CLOSING STORY

Tell a story about the family that wasn't perfect, but lead by example. The parents prayed with their kids, had open conversations, and made God's Word a real part of everyday life.

Years later, the children still follow Jesus—not because everything was easy, but because their parents' faith was real and their unity was solid.

That's the legacy we want to leave—not perfection, but Godliness.

CLOSING PRAYER

Father, thank You for the children You've trusted us with. Help us raise them with wisdom, love, and grace. Show us how to lead together, correct with compassion, and disciple them with truth. Let our home be a place where faith grows and Your presence is felt. In Jesus' name, Amen.

WEEK 9:

SPIRITUAL GROWTH AS A COUPLE

Colossians 2:7a (NLT): “Let your roots grow down into him, and let your lives be built on him.”

INTRODUCTION

Spiritual growth doesn't happen by accident. It requires intentionality.

Most couples work at their careers, their kids, and their calendars—but neglect their spiritual relationship with God and each other.

They may live under the same roof but grow in different directions.

The strongest marriages aren't built on hobbies, compatibility, or passion—they're built on a shared pursuit of Jesus Christ.

This week is a call to go deeper: not just as individuals, but as a couple rooted in Jesus.

1. SPIRITUAL GROWTH MUST BE INTENTIONAL, NOT OPTIONAL.

- ▶ ***Colossians 2:6–7 (NLT): “Continue to follow him... Let your roots grow down into him, and let your lives be built on him.”***
- ▶ Growth in Christ doesn't happen by routine—it happens by relationship.
- ▶ As a couple, spiritual growth means intentional habits: prayer, Scripture, worship, and obedience to God's word.
- ▶ Don't expect unity without spiritual intimacy with God.

- ▶ **Matthew 7:24–27 (NLT): “Anyone who listens to my teaching and follows it is wise... like a person who builds a house on solid rock.”**
- ▶ Illustration: A tree doesn’t grow because it’s planted—it grows because it’s watered and rooted. Many marriages are planted but not watered spiritually.
- ▶ Quote: “You can’t have a Christ-centered marriage without making Christ the center of your daily life.”

2. GROWING TOGETHER MEANS PURSUING GOD TOGETHER.

- ▶ **John 15:4–5 (NLT): “Remain in me, and I will remain in you... For apart from me you can do nothing.”**
- ▶ Pray together. Read the Word together. Share spiritual goals and struggles.
- ▶ Even 20 minutes of spiritual connection daily builds a deep bond.
- ▶ **Joshua 24:15 (NLT): “As for me and my house, we will serve the Lord.”**
- ▶ Example: A couple decided to end each day with a 5 minute prayer—even when tired. Over time, it became the most unifying part of their marriage.
- ▶ Practical Tip: Start small. Pick one habit: a verse before bed, worship music at dinner, or praying over each other before work.

3. SPIRITUAL INTIMACY DEEPENS EMOTIONAL AND RELATIONAL INTIMACY.

- ▶ ***Ephesians 4:16 (NLT): “He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow...”***
- ▶ Couples who pray and worship together experience deeper trust, peace, and joy.
- ▶ It breaks down pride, opens vulnerability, and builds spiritual safety.
- ▶ When you’re spiritually connected, disagreements become easier to navigate.
- ▶ Illustration: Picture two people holding hands and walking through a forest. If one person wanders off, they get lost. But when they walk together, they’re stronger and safer. That’s what spiritual growth does—it keeps you walking in step.
- ▶ Warning: If only one person is growing spiritually, it creates tension. But when both pursue Jesus, alignment becomes natural.

CLOSING STORY

Share a story about the couple who loved each other deeply but hit a plateau—communication was routine, faith was private, and spiritual connection was rare. Then they made a decision: one weekly Bible time together, one prayer over coffee. Over time, it changed their entire dynamic. They stopped feeling spiritually alone and started feeling like a team again.

Spiritual intimacy is the root system that anchors your marriage.

CLOSING PRAYER

Lord Jesus, You are the foundation of our lives and our marriage. Teach us how to grow spiritually—not just for ourselves, but for each other. Show us how to pray, seek, and walk with You together. May our faith be deep, our love be real, and our marriage be a reflection of Your grace. In Jesus’ name, Amen.

HOMEWORK

This week’s homework will guide you through spiritual reflection, goal setting, and practical habits to grow in Christ together. You’ll write a spiritual goal, pick two new habits, and plan a simple worship moment together. You can download **Week 9’s Homework at** [metanoyachurch.org/united]. This is where faith becomes a foundation, not just a feeling.

NOTES

WEEK 10: FINISHING STRONG & STAYING FAITHFUL

2 Timothy 4:7 (NLT): “I have fought the good fight, I have finished the race, and I have remained faithful.”

INTRODUCTION

Marriage isn't just about starting strong—it's about finishing faithfully.

Every marriage will face battles: trials, transitions, distractions, and disappointments. Some couples quit too soon—not because the love is gone, but because the commitment has weakened.

God doesn't call us to perfection—He calls us to faithfulness.

Faithful couples are the ones who keep showing up, keep praying, keep loving—even when it's not easy. That's how you finish strong.

1. FAITHFULNESS IS A CHOICE, NOT A FEELING.

- ▶ ***2 Timothy 4:7 (NLT): “I have fought the good fight, I have finished the race, and I have remained faithful.”***
- ▶ Faithfulness means staying even when it's hard, inconvenient, or uncomfortable.
- ▶ Culture says love is a feeling. The Bible says love is a choice—a daily, lifelong decision.
- ▶ Real love stays when it doesn't get applause. It stays when it's costly.

- ▶ ***Revelation 2:10 (NLT): “Remain faithful even when facing death, and I will give you the crown of life.”***
- ▶ Illustration: Marriage is like a long-distance race. Some days you’re energized. Other days you feel like quitting. But it’s the choice to keep going—step after step that brings the reward.

2. STAYING FAITHFUL MEANS KEEPING YOUR EYES ON JESUS.

- ▶ ***Hebrews 12:1–2 (NLT): “Let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus...”***
- ▶ You can’t run your race well if you’re always comparing your marriage to others.
- ▶ Keep your eyes on Jesus, not on other couples, social media, or old regrets.
- ▶ When Christ is your focus, your love becomes stronger, steadier, and deeper.
- ▶ ***Ecclesiastes 4:12 (NLT): “A triple-braided cord is not easily broken.”***
- ▶ On Stage Dynamic: A rope with three strands—husband, wife, and Christ. When Jesus is at the center, your marriage becomes unbreakable through pressure, not because of perfection—but because of unity and grace.

3. YOUR FAITHFULNESS IS YOUR LEGACY.

- ▶ ***2 Timothy 4:8 (NLT): “And now the prize awaits me... a crown of righteousness... for all who eagerly look forward to his appearing.”***

- ▶ The way you love, serve, and finish together becomes a testimony to your children, your friends, and your community.
- ▶ Every faithful choice builds legacy: praying when you're tired, forgiving when it's hard, showing up when you feel empty.
- ▶ Your marriage may not be perfect—but your story can be powerfully redemptive.
- ▶ Quote: “Marriages don’t collapse because people fall out of love. They collapse because people stop choosing love.”

CLOSING STORY

Share a story of the elderly couple married 60+ years. Through loss, trials, moves, health issues—they stayed. Why? Because they chose each other. Every day. Not because it was easy—but because they remembered the vow they made before God.

And in their story, we find a challenge: Will we finish what we started?

CLOSING PRAYER

God, thank You for carrying us through these 10 weeks of growth. Help us not to stop here—but to walk out everything we’ve learned. Keep our love strong. Guard our hearts. Teach us to finish the race of marriage with joy, endurance, and faithfulness. May our story reflect Your goodness. In Jesus’ name, Amen.

HOMEWORK

This final week’s homework is all about reflection and recommitment. You’ll revisit what God has done, write down your legacy goals, and plan how to carry this forward. You can download the **Week 10 Homework at [metanoyachurch.org/united]**. Don't let the finish line be the end—let it be the beginning of a deeper, stronger, more faithful marriage.

CLOSING STATEMENT

To every couple who has completed the United Marriage Course—we want to say thank you.

Thank you for showing up. Thank you for leaning in. Thank you for choosing to invest in your marriage, week after week.

We're incredibly proud of you—not because you're perfect, but because you're pursuing something powerful together. You've taken the time to reflect, grow, stretch, and strengthen your relationship—and that matters.

Over the past 10 weeks, you've been given biblical tools to build a marriage that not only survives—but thrives:

- Tools for communication
- Tools for trust
- Tools for unity, forgiveness, intimacy, and vision

But now comes the most important part: practice.

Because information doesn't transform marriages—application does.

So don't let this just be a class you completed. Let it be the launchpad for a new season of grace, growth, and godly connection.

Although this course has officially concluded, we're not done investing in your marriage. Throughout the year, we'll be offering more courses, workshops, and resources to help you continue building a Christ-centered life together.

And one more thing—just because class is over doesn't mean the growth has to stop.

Starting today, there are two more weeks of bonus homework available for you to download and complete at home. You won't come back for class, but these next two weeks are a great way to keep the momentum going and put everything you've learned into action.

You can find those **two final homework lessons now at** [metanoyachurch.org/united] and print them for your own use.

From our hearts to yours—**thank you for finishing strong.** We believe in you, we're praying for you, and we can't wait to see how God continues to work in and through your marriage.

This is just the beginning.

FINAL WORD OF ENCOURAGEMENT

You made it!

Not just through the sessions but through hard conversations, honest reflection, and intentional growth. That matters more than you know.

This isn't the end of your journey. It's the beginning of a new chapter; one where you keep choosing love, unity, forgiveness, and faithfulness every single day.

Keep praying together. Keep growing together. Keep fighting for each other. You're not striving for perfection, you're walking in **purpose**.

And remember: the strongest marriages aren't the ones that never struggle. They're the ones that never stop **showing up**.

We love you, we believe in you, and we're praying God continues to do amazing things in your marriage!

Stay faithful. Stay united. Stay rooted in Christ.

Anticipating Great Things,

Pastor Jubal

[illegible]