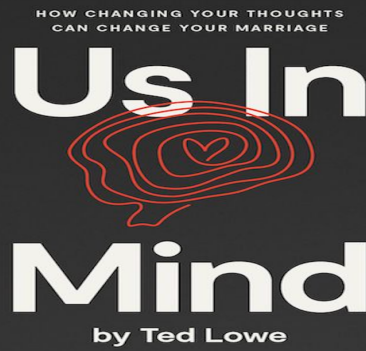




Participant Guide

SESSION 1 - Intentional Thought: **Remember Who I am**

"What if a great marriage isn't the opposite of a struggling one?"

Pre-work:

- ☐ Read pages 3-38, Chapters 1 & 2
- ☐ Answer the "Think About It" questions on pages 18-19 and pages 32-34
- ☐ Come ready to share the story of how you met & discuss how your "Fred" has impacted your marriage.

Marriage Challenge: Go over the Think About It questions TOGETHER and name your "Fred" (p.33)

SESSION 2 - Intentional Thought: **See The Best**

"If you were writing a story, how would you describe your spouse as a character?"

Pre-work:

- ☐ Read pages 39-55, Chapter 3
- ☐ Answer the "Think About It" questions on pages 48-50
- ☐ Come ready to give an example of how your spouse has exemplified one of the qualities Paul describes in Philippians 4:8.

Marriage Challenge: Spend some time this week reading over Philippians 4:8 TOGETHER.

SESSION 3 - Intentional Thought: **Choose Empathy**

"What do you think about your spouse's emotions?"

Pre-work:

- ☐ Read pages 57-76, Chapter 4
- ☐ Answer the "Think About It" questions on pages 75-76
- ☐ Come Ready to talk about ways you can communicate in actions or words that you have each other's backs.

Marriage Challenge: Start practicing empathy with each other this week.

SESSION 4 - Intentional Thought: **Pause**

Chapter 5

“What do you think about your response?”

Pre-work:

- ☐ Read pages 77-92
- ☐ Write down something you can say or do to slow things down when you are triggered (page 82)
- ☐ Answer the “Think About It” questions on page 92
- ☐ Come Ready to share some of the things that “trigger” conflicts in your relationship.

Marriage Challenge: Read James 1:19 together.

SESSION 5 - Intentional Thought: **Love First**

Chapters 6 & 7

“What’s the purpose of your ‘US’?”

Pre-work:

- ☐ Read pages 93-117
- ☐ Answer the “Think About It” questions on page 105
- ☐ Come Ready to share which of the five intentional thoughts you worked through and which one is hardest.

Marriage Challenge: Find some ways to “love first” this week.

