



MARRIED  
E D I T I O N

WEEK THREE - RECOMMITTING TO THE COVENANT

Love is **patient**, love is **kind**, It does **not envy**, it does **not boast**, it is **not proud**. 5 It does **not dishonor** others, it is **not self-seeking**, it is **not easily angered**, it keeps **no record of wrongs**.  
6 Love does **not delight in evil** but rejoices with the truth. 7 It **always protects**, **always trusts**,  
**always hopes**, **always perseveres**. 1 CORINTHIANS 13:4-7 (NIV)

## → 1 CORINTHIANS 13 SELF-ASSESSMENT

Go through and rate yourself on the following questions.

Needs a Lot of Work			Neutral	Considered a Strength			Mastered It	
1	2	3	4	5	6	7	8	9 10

1-10 Rating ☐ PATIENCE:  
How patient are you with other people?

1-10 Rating ☐ KINDNESS:  
How considerate are you of others?

1-10 Rating ☐ NOT ENVIOUS:  
How easy is it to celebrate others' successes? How easy is it to not tell a "one-up" story?

1-10 Rating ☐ NOT BOASTFUL OR PROUD:  
How would those at work rate your humility?

1-10 Rating ☐ NOT EASILY ANGERED:  
How much control do you have of your anger?

1-10 Rating ☐ KEEPS NO RECORD OF WRONGS:  
How easy is it to let go of past hurts or wrongs?

## → DISCUSS WITH YOUR SPOUSE

Share with your spouse your weakest area.

Ask your spouse if they think this weak area has brought tension in the marriage.

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## DISCUSS WITH YOUR SPOUSE

In what ways do you feel that you haven't lived up to your vows. Share them with your spouse. Maybe an apology would be appropriate.

After hearing your spouse, reaffirm them and accept the apology.



## NEW VOWS

### **HUSBAND:**

I promise to be patient with you, to listen when you need me to. To wait when you're figuring things out, and to choose kindness even when life gets messy.

I won't envy what others have because you're my gift, my partner. I won't boast or let pride get in the way of us.

I choose to honor you, protect your heart, and keep no record of wrongs - because love doesn't do that. I'll trust you, hope with you, and persevere through every season, because this love we're building is not just for now - it's forever.

With God's help, I'll love you like that, every single day.

*Pray: Thank God for your wife. Pray for God's help to live up to this commitment.  
Pray that God mends your hearts together.*

### **WIFE:**

I promise to be patient with you, even when we're running late or life throws us a curveball. I'll choose kindness, showing up with a gentle word or a smile when you need it most.

I won't let jealousy or pride sneak into our marriage - I'm all in for you. I'll forgive quickly, trust deeply, and hold onto hope no matter what comes our way.

I promise to love you with a love that endures, that protects, that never gives up.

With God as our foundation, I'm yours, fully, forever.

*Pray: Thank God for your husband. Pray for God's help to live up to this commitment.  
Pray that God mends your hearts together.*

