

GEORGE **AND** TONDRA GREGORY

The Marriage

GAME

PLAN

DEVELOPING A WINNING STRATEGY
FOR MARITAL SUCCESS

What people are saying about ...

THE MARRIAGE GAME PLAN

“On the wedding day, what couple does not want to have a successful marriage? Yet we know that all too often, after the ceremony these dreams begin to fade. George and Tondra can identify with that reality. In this book, they share their struggles and the lessons they have learned about how to have a successful marriage. They share not only the game plan but how to implement the plan. This book will be extremely helpful for any couple who wants to make their marital dreams come true.”

Gary Chapman, PhD, bestselling author of *The 5 Love Languages*

“Great marriages are built on healthy values, personal character, and the right tools. Unfortunately, many couples are without one or more of these aspects, and the results are all too often emotional disconnection, loneliness, and a sense of helplessness. The Gregorys have provided all three of these essentials in a warm and engaging manner. You’ll learn a biblical model of what a marriage is, how to be the best mate you can be, and what tools you can employ. The authors’ personal vulnerability and humor makes this a read to look forward to. And the questions and action steps section after each chapter makes it a truly permanent resource to refresh your connection. Highly recommended!”

John Townsend, PhD, psychologist and author of the *New York Times*–bestselling *Boundaries* book series, founder of Townsend Institute of Leadership and Counseling at Concordia University Irvine and the Townsend Leadership Program

“*The Marriage Game Plan* is your playbook for a winning marriage. On every page, George and Tondra coach you through practical, game-changing strategies for a strong and lasting relationship. Whether you’re in the early quarter or the final plays, this book is for you.”

Drs. Les and Leslie Parrott, #1 *New York Times*–bestselling authors of *Saving Your Marriage Before It Starts*

“We have known Pastor George and Tondra since they came to the Los Angeles Chargers to serve as our chaplain. It’s a position that George still holds to this day. The NFL is riddled with hurdles and hardships for couples who often don’t have anywhere to turn for sound biblical guidance. The insular nature of this job and the unique set of adversities can make it hard for others to relate to our struggles. But the Gregorys were always there to provide guidance and prayer rooted in the Word. We are a testament to this because my wife and I have both had to seek prayer and guidance from them during this NFL journey. *The Marriage Game Plan* provides couples with biblically based tools to keep their marriages intact by putting God first and seeing His hand in everything. Their faithfulness and wisdom as a godly couple will undoubtedly be a blessing to everyone who reads this book.”

Anthony Lynn, former NFL head coach of the Los Angeles Chargers (2017–2021)

“Working in football, I could not imagine going through an entire week of practice and not having a game plan for success when it came time to face the opponent! *The Marriage Game Plan* is a must-read for couples who are starting their life’s journey, are in the middle of their journey, or are reflecting on their journey together. George and Tondra share from their personal experiences and heartfelt ministry to help others in navigating marriage through establishing trust as teammates, overcoming turbulent waters, tackling tough conversations, and celebrating victories along the way. This is a must-read to establish your marriage game plan to be ready for *game day*—each and every day!”

Arthur Hightower, senior director of player engagement, Los Angeles Chargers

“As a couple navigating the whirlwind of the NFL, having mentors who truly understand the demands of both marriage and a high-profile lifestyle has been invaluable to us. This incredible couple has offered guidance that feels both personal and practical. They have a gift for meeting couples right where they are, understanding their unique challenges, and providing the tools necessary to cultivate a relationship built on trust, love, and shared vision. In *The Marriage Game Plan*, the way the Gregorlys compare the journey of marriage to the dynamics of a winning team resonated deeply with us—seeing our relationship as a partnership where both of us are on the same side, playing for the same goal. From tackling tough conversations to celebrating victories, this book offers practical, compassionate guidance that will inspire you to not just survive marriage but thrive in it. It’s a beautiful reminder that with the right tools, teamwork, and heart, marriage can truly be one of life’s greatest victories.”

Demario and Tamela Davis, All-Pro linebacker for the New Orleans Saints, certified life coach, blogger, podcast host

“This is an outstanding outline for couples to abide by, whether newlywed or together for more than forty years, for longevity in their relationship. As you begin to delve into the chapters of *The Marriage Game Plan*, you will start to understand how to repair relationships and make your marriage a success. This is an inspiring read that will stimulate your marriage by providing activities and questions to give you a great plan for marital stability. George and Tondra’s mission to write this book has created a resource for successful marriages that will give you insight on how to avoid the pitfalls you may encounter as you navigate life as a couple.”

George Stewart, VP of Game Day/Operations, NFL

“In *The Marriage Game Plan*, George and Tondra draw upon personal experiences from their dating life and marriage to encourage and challenge couples to put together a plan that can withstand the ups and downs of a relationship—a championship-caliber plan that will expose the enemy of marriage and create clarity for the purpose of your union with your spouse. This book will help you understand what it means to have Christ at the head of your marriage.”

Leslie Frazier, assistant head coach of the Seattle Seahawks

“George and Tondra’s marriage testimony is truly powerful! In *The Marriage Game Plan*, they generously unpack thirty years of wisdom, offering thoughtful and practical steps to build a marriage that lasts. Our marriage has been deeply impacted by their guidance and friendship. The principles in this book can help you maintain, restore, rebuild, and renew your relationship while living out your purpose. We are grateful that other couples will also have the opportunity to benefit from their experience.”

Kevin and Bebe Nickerson, founder of GameBreakers Academy, official chaplains of the Los Angeles Rams (Super Bowl LVI champions)

“One thing you’ll consistently find among extraordinarily successful people is they have coaches! Over the years, we’ve had a front-row seat to witness George and Tondra guide countless couples to achieve the most fulfilling days of their marriages. In *The Marriage Game Plan*, they offer a master class filled with the proven strategies and practical wisdom that every couple needs to create a thriving, joyful, and lasting marriage. Whether you’re looking to reignite the spark, strengthen your connection, or overcome challenges, George and Tondra will equip you with the tools to succeed in your own marriage journey.”

Clayton and Ashlee Hurst, marriage pastors at Lakewood Church, authors of *Hope for Your Marriage*

“Fewer people are getting married, and when they do marry, they’re older, and then divorce is at an all-time high. Why? Well, as it has been said, when people fail to plan, they plan to fail. George is a dear friend, and I deeply respect both him and the way he and Tondra have committed to walking people into the joy that God designed marriage to be. The world needs this book.”

Joshua Broome, speaker and author of *7 Lies That Will Ruin Your Life*

“George and Tondra Gregory have committed their lives and ministry to helping couples thrive in their marriages. Among the several tools and books about marriage out there, *The Marriage Game Plan* is the most accessible and offers practical tools that can immediately improve communication between couples and help them co-create a vision for their marriage. Using wit, humor, and their own life story, they effectively bring hard and timeless truths to life and guide couples in deepening their marriage and love for each other. They debunk stereotypes about the

roles of wives and husbands that swirl in Christian communities to align marriage with biblical principles. *The Marriage Game Plan* is an effective tool for marriages at any stage—from newly married to those who are celebrating decades of anniversaries—and can be studied and re-studied over the course of married life.”

Nancy E. Hill, PhD, developmental psychologist, the Charles Bigelow Professor of Education at Harvard University, author of *The End of Adolescence*

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*I dedicate this book to my father (1946–2020) and mother, Henry
and Coleen, who modeled a godly marriage for fifty-two years.*

—George

*I dedicate this book to my mom, Shirley, who gave her
best to make me the woman I am today.*

—Tondra

*To our amazing children, Jaylen and Camryn, who inspire
and challenge us to love deeply and leave a godly legacy.*

CONTENTS

Foreword	13
Chapter 1: The Importance of a Game Plan	15
Chapter 2: The Playbook on Marriage	33
Chapter 3: Winning the Home Game	49
Chapter 4: We Are on the Same Team	67
Chapter 5: Facing and Overcoming Your Opponents	85
Chapter 6: Trusting Your Teammate	105
Chapter 7: Victory Mondays	129
Chapter 8: Teamwork in Conflict	147
Chapter 9: Tips for Tackling Tough Conversations	169
Chapter 10: Developing Your Marriage Game Plan	187
Conclusion	201
Small Group Guide	203
Acknowledgments	213
Notes	215

Chapter 1



THE IMPORTANCE OF A GAME PLAN

*The key is not the “will to win” ... everybody has that. It is
the will to prepare to win that is important.*

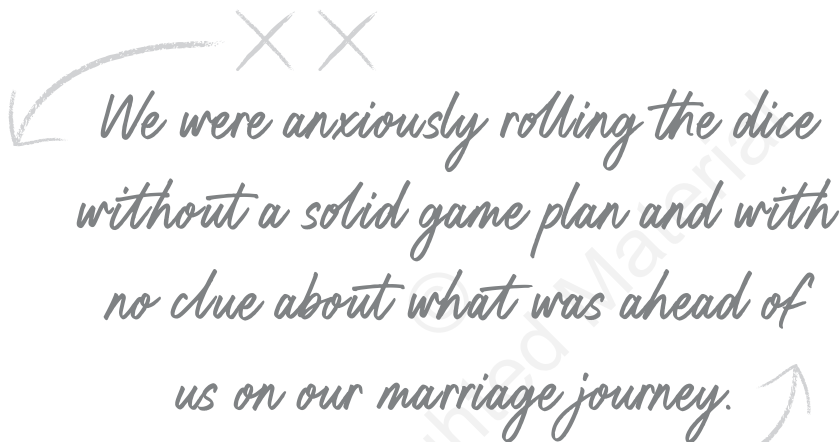
Coach Bobby Knight

Have you ever considered how your background, family of origin, and past experiences impact your marriage or future marriage? George and I realized how the differences in our upbringings posed challenges in our relationship almost immediately after our wedding day. As innocent kids growing up, we can be oblivious to how the relationships and experiences in our childhoods are molding us and laying the groundwork for future relationships.

Your family background and upbringing shape your very essence—your identity, behavior, expectations, and relational dynamics. By comprehending your family of origin, you can break free from cyclical patterns, habits, and beliefs that are not helpful to your relationship and instead embrace the healthy, beneficial things you want to keep and build on. Understanding your family of origin and its influence on you and your relationship is an essential component of a successful marriage game plan.

GEORGE'S STORY

I grew up in a middle-class home with two loving parents who modeled a healthy marriage. As the youngest of three children, I saw my parents make a consistent effort to raise us kids with good Christian morals and values. I grew up going to church every Sunday, and some Sundays we went twice! My dad was a well-known southern itinerant pastor who proclaimed Christ's salvation and forgiveness of sins to even the most wretched of sinners. I saw thousands of lives impacted through his preaching and ability to make the Scriptures come alive.



*We were anxiously rolling the dice
without a solid game plan and with
no clue about what was ahead of
us on our marriage journey.*

In many respects, I knew at an early age that I, too, would become a preacher, but that was not my desire or intent at that time. I could sense God's call on my life, but instead of running toward the call, I found myself running in the opposite direction! Like the prodigal son in Jesus' parable, I ran from God both spiritually and emotionally into the arms of whatever drew me in. Although I sang in the choir, I was far from the perfect choirboy. I was only acting the part of a nice Christian boy. I wanted people to think I had it all together, but inside I was torn apart.

Running away from God's love unfortunately opened me up to country singer Johnny Lee's philosophy: "I was lookin' for love in all the wrong places, lookin' for love in too many faces."¹ Without God's unconditional love and acceptance in my heart, I lived a life of promiscuity where I sought love and acceptance from women and relationships. Wrong choice! The first two years of my college life unfortunately led me down a deep, dark road of sex, alcohol, and partying.

My shipwrecked spiritual and emotional life left a wake of poor relationship choices and many brokenhearted women as I tried to find a friend and a lover. They thought I had it all together because they saw only the superficial George that I was projecting. They had no inkling of the pain I was dealing with on the inside.

TONDRA'S STORY

My mother gave birth to me when she was seventeen years old. My father was also a teenager, but he did not want to accept responsibility for his actions. He abandoned my mother and me when she was pregnant. His reason was “It’s not mine.” My father has denied me my whole life. My mother never married and raised me alone. She was determined to be strong and raise a strong daughter; however, her idea of strength was colored by the dysfunctional men in her life. My mother’s father was an alcoholic who drank himself to death, and her boyfriend abandoned her and their child (me!) when she needed him most.

Growing up in these dreary circumstances was difficult. I had a great mother who did the best she could to raise me alone, and I would not be where I am today without her sacrifice and commitment. Thanks, Mom! However, my mother’s heart grew bitter and cold throughout the hardships. Her heart was hardened toward men, and she had enormous mistrust for men and people in general. She dealt with her fears through control and criticism. She was determined to protect me from ever being hurt or betrayed by anyone. This control, along with a cloud of shame, abandonment, and rejection, created the perfect storm for a lost, confused girl with little self-worth.

Because I was desperate for freedom and independence, I went off to college looking for the fullness of life, joy, and happiness. Little did I know this pursuit would lead me spiraling into some of the darkest places I could ever imagine. I lived “the high life,” or what life appeared to be all about: partying, drinking, using drugs, and being sexually free. I lived life on the edge with a gnarly crowd, which could have landed me in jail or in the grave.

OUR STORY

We met in college, at a small, historically black university called North Carolina Agricultural and Technical State University. We were both from small towns and the first of our families

to attend and graduate from a university. We met on the first day of classes in Biology 101. We instantly connected and often saw each other, as most of our classes were together. Throughout the first two years of college, we became good friends. At various points in our friendship, however, the typical physical urges arose. Sexual purity was not something either of us valued during the early years of college. Each of us at different times tried to take our friendship to a sexual level; however, our timing was never in sync.

In our junior year of college, we both invited Jesus into our hearts and began to live life differently. We both took our relationship with Christ as seriously as we knew how to, and we even started a college Bible study. Working closely together in the Bible study brought a deeper, different kind of attraction that we hadn't experienced before, and we didn't know how to navigate our deep feelings through the eyes of our new and growing faith. While our spirits were willing, our flesh became weaker over time. In one weak moment, our lives were changed forever. We were pregnant. We decided to get married and raise our baby together.

We informed our parents of our fragile plans and got engaged immediately. A month later we were married in a very small, intimate wedding with a few family members and close friends. Instead of hopeful anticipation and love-filled starry eyes, we were anxiously rolling the dice without a solid game plan and with no clue about what was ahead of us on our marriage journey. Once we were married, the frailty of our foundation began to show immediately. We could have never imagined how hard married life would be.

The first few years of our marriage were so hard neither of us thought we could make it work, despite our best intentions. We were headed for divorce on the express train. Seeing a train going off a cliff and feeling helpless to stop it or redirect it is one of the worst feelings in the world. We were blind to how our pasts and backgrounds were affecting our new marriage and young family. George and I were raised in homes with completely different cultures. We were both broken people and had a lot of baggage that we brought into our marriage. We were young, broke college students. George had one more semester in school, and on top of that, we were having a baby. The odds were definitely stacked against us. We had issues, and our issues had issues. Everything happened so fast. We had no time to really count the cost of what we had signed up for.

By the grace of God, we figured out how to make our marriage work. Once we developed our marriage game plan, the light bulb turned on for us. This light ignited a fire and hunger to learn more about how to make marriage work. We started attending marriage conferences and

retreats regularly, reading every marriage book we could get our hands on. I (Tondra) even went back to school for a master's degree in counseling. We desired to help as many couples as we could to learn and grow from our mistakes. For more than twenty-five years, we have been dedicated to educating and equipping couples to have successful relationships and marriages through our ministry, Journey for Life. We believe marriage is a journey—a journey for life.

This book is for any couple out there who is lost, confused, and feeling helpless about how to make their relationship work. Marriage is hard, but there is hope. A mentor once told us, “You have a 100 percent chance of making your marriage work.” To us, this means winning in our marriage is possible and doable despite challenges and tough seasons. Knowing that we can win and have a fulfilling marriage gives us the hope and determination to fight for what we desire every day. A successful marriage is not easy and requires working hard and giving 100 percent as individuals and as a couple. For two people ready and willing to put in the hard work and effort, having a game plan could change everything.



THE PROBLEM

Our story fits into the larger narrative of a lot of marriages today in the United States. Many couples encounter significant challenges in sustaining their marriages despite their best intentions, desires, and love for each other. We can look at just a few marriage statistics and see how marriages end all too soon:

- The United States has the seventh-highest divorce rate in the world,² with 40 to 50 percent of first marriages ending with divorce.³
- On average, a marriage lasts eight years before a couple separates or divorces.⁴
- Sixty-seven percent of second marriages end in divorce.⁵

- Seventy-three percent of third marriages end in divorce.⁶
- In 20 percent of marriages, one person has been married before; another 20 percent of marriages are between people who have both been married before.⁷
- *Forbes* lists the three top causes for divorce as follows: 58 percent of couples attribute “arguing and excess conflict” as the cause of their divorce; 45 percent say “they married too young”; 38 percent cite financial issues as the reason for their divorce.⁸
- Some estimate that the divorce rate for professional athletes is between 60 and 80 percent.⁹
- In the area where we currently live, Orange County, California (one of the wealthiest areas in the United States), the divorce rate is 72 percent, which is higher than the national rate.¹⁰

We desire to see strong marriages and families become the cornerstone of our society by helping couples reimagine what a lifelong and fulfilling marriage looks like. We feel we can do this by helping couples develop game plans to make their marriages and families work and thrive. Our heart in writing this book is to equip, educate, and inspire couples on their journey to have successful relationships and marriages.

We have seen this happen many times over the last twenty-five years as we’ve helped countless couples prepare for marriage through premarital courses that we’ve taught all across the country. While most couples are excited for a possible lifelong marriage, many enter those classes without a plan or understanding of how to make marriage work.

One couple who had taken our premarital class decided to do so after living together for more than ten years. Up to that point, the boyfriend could not commit to marriage because he did not have a healthy picture or model for marriage and did not believe he could be a good husband. Through the course, he learned how to develop a marriage game plan and gained an understanding of what it takes to be married. He walked away with tools that empowered him to be a husband and marry the woman of his dreams.

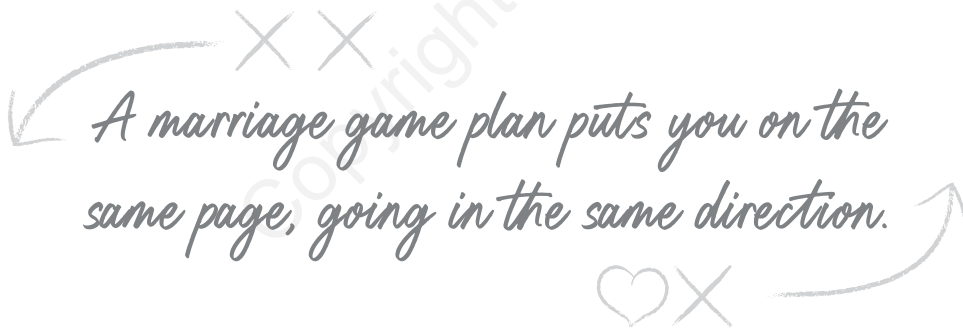
That couple has been married and going strong for more than twelve years. Each time we see them, they express a deep appreciation for the help they received to begin their marriage journey the right way. This “right way” was with a marriage game plan that gave them a playbook on how

to approach marriage and make it work. We believe all couples can make marriage work with a solid game plan.

WHAT IS A GAME PLAN?

A game plan in general is a well-thought-out and calculated plan for navigating challenges or achieving success in a specific area. Game plans are designed by companies, sports teams, entrepreneurs, governments, and anyone else who wants to maximize their potential and bottom line. People have personal game plans to succeed in their careers, finances, personal development, retirement, health, and wellness, just to name a few areas. We believe a marriage game plan is just as important as any other game plan that you might have in life.

A marriage game plan puts you on the same page, going in the same direction. Can you imagine a football team where each player had his own game plan, running different plays and moving in different directions? How would the team win the game? In much the same way, how can a couple win in marriage if they are not executing a unified plan and moving in the same direction toward a common goal?



WHAT IS A MARRIAGE GAME PLAN?

A marriage game plan is a written or agreed-upon strategy between a husband and a wife for creating a successful marriage. Couples cannot simply have a successful marriage haphazardly; they must work together to create what they envision as the end goal. This game plan for marriage is a strategic blueprint that not only helps maximize a couple's chances of marital success but also

clearly defines the who, what, when, where, and why of achieving their marriage goals together. The marriage game plan consists of strategies and actionable steps to help the couple win together. Personalizing a marriage game plan requires discipline, foresight, adaptability, accountability, and a clear vision of a successful endgame.

We think a marriage game plan should consist of a few key steps or ingredients that will help any couple reach their desired outcome:

- 1. Define your win.** The desire to win together in marriage is the foundation and beginning of clarity and agreement. Defining the win shows you what success looks like as an endgame picture. The success of a marriage is built on a couple's shared purpose, vision, mission, and value system.
- 2. Set your goals.** Goal setting involves taking active steps to achieve your desired outcome of winning in your marriage. Clearly defining how you envision a successful marriage will then lead you to set clear goals and objectives as a couple to achieve your endgame picture. Couples win when there are indicators and benchmarks to measure their progress and success.
- 3. Know your team.** Knowing your team helps you assess teammates' differences, strengths, gifts, and growth areas. Teams that capitalize on their strengths and unique talents, while also navigating and resolving differences that could potentially create division, have the potential to achieve significant victories together.
- 4. Know the opponents to your team's success.** Couples must be able to identify key opponents (obstacles, enemies, patterns, mindsets) that stand in the way of their desired outcome in marriage. Where there is a strong desire to win in marriage, there will also be fierce opponents that will attempt to upend the plan.
- 5. Design your plan of action.** Designing a tactical game plan or plan of action will help a couple achieve their goals. The plan of action should be consistently practiced, reviewed, and updated to see the couple win.

When couples clearly define the wins and goals in their overall marriage and relationship, they have something to work toward together as a team and family. We want to encourage all couples to work toward having a fantastic, satisfying marriage. Far too many couples have failed to move beyond a marriage that falls short of their expectations.

In our work as NFL chaplains over the last fifteen years, we've learned that professional athletes go beyond the average to become great or play at the highest levels of success. They have sacrificed and worked hard toward their goal of making it to the professional level, which separates them from the rest. The same should be true in marriage. Healthy couples desire to create a successful marriage at the highest level and quality possible. Their goal to have a successful marriage drives everything they say and do.

There is a vast array of topics and categories that can be included in your marriage game plan. It would be impossible to cover every potential topic and category to put into a game plan in this resource alone. Within *The Marriage Game Plan*, we will go over several key categories and topics we've found both helpful and challenging throughout our thirty-year marriage.

- 1. Communication strategy:** Developing clear and open channels of communication helps foster honest discussions about feelings, expectations, and concerns in the relationship.
- 2. Conflict-resolution techniques:** Improving conflict-resolution skills by promoting open communication, listening to understand, and embracing compromise sets the tone for relational harmony.
- 3. Friendship and intimacy:** Making time to build and nurture friendship and intimacy is key to laying a solid foundation.
- 4. Fun and recreation:** Carving out time for mutual hobbies and adventures injects vitality, excitement, and pleasure into the relationship, keeping it vibrant and engaging.
- 5. Intimacy and affection:** Fostering an atmosphere of physical and emotional intimacy helps cultivate a lasting bond and deeper connection.
- 6. Safety and trust:** Establishing an environment of safety and trust within the relationship enhances vulnerability and transparency.

7. **Gratitude and appreciation:** Extending gratitude and showing appreciation helps create an environment of honor and mutual respect.
8. **Forgiveness:** Learning to seek and grant forgiveness lays the foundation for resolving conflict, showing compassion, and fighting for unity.
9. **Financial planning:** Setting smart financial goals and plans helps create a future of security and stability.
10. **Couples counseling or professional help:** Seeking professional guidance, including individual and couples therapy, sets couples up to achieve marital success.
11. **Spiritual agreement:** Understanding and embracing God's design and purpose for marriage provides couples with a firm foundation upon which they can build their marriage and game plan.

Other areas of consideration outside the scope of this book may include:

Roles and responsibilities	Individual growth and support
Family planning	Continuous evaluation and adjustment
Health and wellness	Social connections
Continual learning and growth	Legacy building

Remember, every marriage is unique, so it's essential to have a customized game plan according to your specific needs, dynamics, and goals. Additionally, flexibility and willingness to adapt are crucial for navigating the ups and downs of married life effectively. By incorporating these components into a marriage game plan, couples can build a strong foundation for a fulfilling and enduring partnership that withstands the test of time.

Within each chapter of *The Marriage Game Plan*, we share our stories, joys, struggles, and ups and downs from throughout our marriage journey. We are not experts because we've gotten it all right throughout our marriage. Just the opposite is true. We've learned a lot of things the hard way, through trial and error, and by simply making mistakes. We hope you can learn from our transparency and willingness to be vulnerable. In addition to sharing our stories and our love for helping couples have successful marriages, we've framed many of our marriage tools and strategies

around sports themes from our work as chaplains with professional athletes and coaches. There are countless sports-related metaphors and analogies to help you win in your marriage.

Our goal is not for you to simply read our book on marriage and stop there. We hope that by the time you finish reading each chapter, you will be ready to develop and work on a marriage game plan with your spouse that will help you win in your marriage. In the “Putting It into Practice” section at the end of each chapter, we welcome you to work on your marriage game plan by completing a set of questions and activities with your spouse. These questions and activities will require time and effort to complete; however, it is a worthy investment into your marriage. Answering the questions and participating in the activities with your spouse will get you on the same page. We’ve even given you a place to list personal and collective action items that you want to implement from the reading, questions, and activities.

As an added bonus, each chapter includes an opportunity for you to dive deeper into developing your marriage game plan. You’ll have access to a short “Time-Out” video where we explore key segments of the chapter’s content, offering further insights and practical tips. The videos are accessible through a URL and QR code at the end of each chapter.

The fun does not stop there. The final chapter is your opportunity to personalize and develop your marriage game plan together after you’ve read each chapter, answered the questions, watched the “Time-Out” bonus videos, and completed the Couple’s Activities. Chapter 10 integrates key aspects from your work throughout the book, such as marriage coaching tips, which recap important takeaways and action items to implement in your marriage. The final chapter will also guide you to insert and refer to essential elements from the questions and activities throughout the book to formulate your specific marriage game plan. These activity items, action steps, and tips will combine to form your unique game plan that you can continue to build on and adjust as you grow and evolve as individuals and as a couple for many years to come. Consider your marriage game plan as a work in progress throughout your relationship.

We recommend waiting to complete chapter 10 after you have done all the reading, questions, and activities from chapters 1 through 9. This will allow chapter 10 to serve as a recap and reflection of all the things you’ve learned and worked on throughout the book. The summary in the final chapter is critical to developing your marriage game plan.

Done right, a well-laid-out marriage game plan helps put couples on the same page and keeps them going in the same direction. It also gives them a plan for success. A mentor once reminded

us, “If you fail to plan, then your plan is to fail.” This chapter will become your strategic plan of action and catalyst to give your marriage game plan life and launch you and your spouse on a clear path to growing and winning together. Are you ready? Let’s go!

Putting It into Practice

QUESTIONS

1. What impacted you most from this chapter, and why?
2. What do you hope to gain from reading this book?
3. Which game plan topics and categories mentioned in this chapter are strengths in your marriage? Which ones are areas for growth?

Reflect on the journey of your love story as a couple.

- What brought you together?
- Why did you choose to commit to each other?
- What challenges were present?
- What makes your love story special and worth fighting for?

COUPLE'S ACTIVITY
CRAFTING A MARRIAGE VISION STATEMENT

A marriage vision statement captures what you want your marriage to become and what legacy you aim to leave for future generations. If couples are going to be successful in their marriage, they must know their why, purpose, and end goal.

Take a moment to compile a list outlining the specific ways you envision or dream of your marriage unfolding over the next fifty to sixty years. Consider the big picture, and visualize the ultimate outcome you desire for your marriage. Each spouse should do this separately. Then share and discuss your answers with each other.

To help you get started brainstorming possible ways you want to win in your marriage, we've listed a few key categories to consider:

- Fidelity and commitment
- Trust and communication
- Respect and support
- Quality time and shared experiences
- Love and affection
- Partnership and teamwork
- Intimacy and connection

Here are examples of two marriage vision statements:

Our marriage vision is to honor God and each other by fulfilling the covenants we made to each other on our wedding day. We desire to cultivate a deep friendship and love, remaining faithful to each other in all that we say and do. We aspire to have a home filled with joy, peace, and unwavering support, where we can be our best as individuals and as a couple.

As a married couple, we will strive to make it through all things and win together no matter what we face. We seek transparent communication based on love, mutual respect, and unity. We desire to leave a godly legacy of marriage for our children and future generations to come.

WRITE YOUR MARRIAGE VISION STATEMENT