

THE MARRIAGE PLAYBOOK



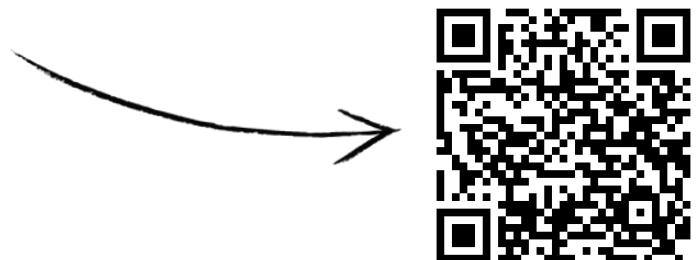
"The Marriage Playbook" is a four-week series designed to equip couples with biblical principles and practical strategies to strengthen their marriages. Each week focuses on a fundamental aspect of marital relationships (communication, finances, intimacy, and support systems), while providing scriptural insights and actionable steps to foster a thriving, God-centered, winning marriage and family.

RESOURCES

Visit our Marriage Playbook webpage for helpful resources and support! There, you will find:

- Message Videos
- Local Date Night Ideas
- Downloadable Playbook
- Links to Marriage Conferences and Books

crosslinecommunity.org/marriage-playbook



PLAY 1:

LEARN THE LINGO

COMMUNICATE, COMMUNICATE, COMMUNICATE

Ephesians 4:29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

Practical Steps:

- **Practice Active Listening:** Give your spouse undivided attention during conversations, reflecting back what you hear to ensure understanding.
- **Speak with Kindness:** Choose words that uplift and avoid language that can harm or belittle.
- **Establish Regular Check-Ins:** Set aside dedicated time each week to discuss feelings, concerns, and aspirations.
- **DON'T LIE – Be Honest.** Speak the truth in love. Half truths, whole lies and generic positive responses don't foster real relationship. Your partner wants the real you.



PLAY 2:

THE MONEY PLAY

IT'S ALL ABOUT THE PLAN

Hebrews 13:5 Keep your life free from love of money, and be content with what you have, for he has said, 'I will never leave you nor forsake you.'

Practical Steps:

- **Have a vision for your family:** What are your goals, what does God want you to do and be as a family.
- **Create a Budget Together:** Develop a spending plan that reflects shared goals and values.
- **Practice Generosity:** Incorporate tithing and charitable giving as a couple, acknowledging God's provision.
- **Communicate Openly About Finances:** Maintain transparency regarding income, expenses, and financial aspirations.
- **Acknowledge one of you might be more inclined to run a budget and care about finances more than the other.**



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PLAY 3:

SPECIAL TEAMS GET IN THE TRENCHES

1 Thessalonians 5:11 Therefore encourage one another and build one another up, just as you are doing.

Practical Steps:

- **Join a huddle:** Join a Crossline huddle and do life together with others in a small group.
- **Seek Mentorship:** Connect with a more experienced couple for guidance, support, and wisdom.
- **Engage in Community Service Together:** Serve together alongside other believers to strengthen bonds and shared purpose.
- **Honor your Spouse in Your Friendships:** No husband/wife bashing with your buds.
- **Seek friendships with peers:** Engage others of similar ages/stages in life and surround yourself with support.



PLAY 4:

RED ZONE OFFENSE

SCORE BIG WHERE IT MATTERS MOST

Hebrews 13:4 Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous.

Practical Steps:

- **Prioritize Time Together:** Set aside regular time to nurture physical and emotional closeness.
- **Communicate Desires and Boundaries:** Engage in open discussions about intimacy, ensuring both partners feel valued and understood.
- **Seek to Serve Each Other:** Approach intimacy with a mindset of giving and mutual fulfillment.
- **A great evening starts with a great morning:** Kindness, connection, and thoughtfulness in the morning can really heat up an evening.





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DAILY CHECK-IN

QUESTIONS TO ASK YOUR SPOUSE EVERY DAY

- What's something that's really working in our relationship?
- What's something that we want to focus on to help our relationship thrive?
- Is there anything from the last week / month that feels unresolved?
- Do we feel supported? Is there anything we can do to better support each other?
- Is there anything else we want to share?

DATE NIGHT

CONVERSATION STARTERS

WOULD YOU RATHER...

- Would you rather go on a beach vacation or a mountain retreat?
- Would you rather have breakfast in bed or a midnight snack run?
- Would you rather watch a romantic comedy or an action thriller?
- Would you rather cook a meal together or dine out at a fancy restaurant?
- Would you rather explore a new city or relax in a secluded cabin?
- Would you rather go skydiving or scuba diving?
- Would you rather have a pet dog or a pet cat?
- Would you rather win the lottery or find your dream job?
- Would you rather read a book or watch a movie?
- Would you rather travel by plane or take a road trip?

5 YEAR BUCKET LIST

What goals do we have for the next 5 years? What places do we want to visit together? What activities do we want to do?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

GET TO KNOW YOUR SPOUSE... AGAIN!

Preferences and opinions change over the years. See how many of these you can fill in for your spouse and take note of their current favorites.

CURRENT FAVORITE

COLOR: _____ SEASON: _____ DAY: _____

HOLIDAY: _____ VACATION SPOT: _____

SONG: _____ BAND: _____ MOVIE: _____

STARBUCKS ORDER: _____

MCDONALDS ORDER: _____

CHICK-FIL-A ORDER: _____

PIZZA TOPPING: _____

IF YOU'RE STOPPING AT: _____ PICK ME UP AT: _____

DATE NIGHT DESTINATION: _____

MY FAVORITE THING YOU DO FOR ME IS: _____

I FEEL LOVED WHEN YOU: _____

QUALITY I FIRST FOUND ATTRACTIVE IN YOU: _____

20 QUESTIONS

Go on a date or have a drink by the pool. Ask these questions to start meaningful conversations.

1. What is your favorite memory of us while we were dating?
2. If you could relive a year of your life, which would you choose?
3. If you could only eat one meal for the rest of your life, what would you choose?
4. If you could wake up having gained one quality, what would it be and why?
5. What do you think you're best at?
6. What is something you've always wanted to do but never have?
7. What is a new hobby you'd like to try?
8. If you could change one thing about your appearance, what would it be?
9. How do you want to be remembered when you die?
10. What is something you've always wanted to ask me but never have?
11. What physical quality do you like the most about me?
12. In what ways have I changed since we first met?
13. How have I stayed the same?
14. What was your favorite date we have been on?
15. What's something you're glad we'll never have to do again?
16. What is something we used to do that you wish we would do again?
17. If you could live somewhere else in the world for a year, where would it be?
18. In what ways are we the same?
19. In what ways are we different?
20. When did you first know you loved me?

