



FALL 2026

COUPLES CONNECT

SEPTEMBER 2026 COMPANION WORKBOOK

LEAD US IN INNER REFLECTION

SEPTEMBER 2026 COMPANION WORKBOOK

Hope Couples Ministry | Couples Connect

HOW TO USE THIS WORKBOOK

Each teaching cycle follows the same rhythm: **Wednesday - See It, Between Sessions - Sit With It, Sunday - Work Through It**, and **During the Week - Live It**. Bring this workbook with you on Wednesdays and Sundays.

September 6 | Semester Kickoff

Today is about connection, expectations, and preparing for the journey ahead. Use this page to capture what you hope God will do in you and in your relationship this semester.

One thing I hope to grow in this semester:

One thing I want to bring more intentionally into my relationship:

One prayer I have for our us:

SESSION 1 | WEDNESDAY – SEE IT

What Does It Take to Have a Great Marriage?

Examining the thoughts and mindsets shaping our relationships

BIG IDEA

You can change your marriage by changing your mind.

BEFORE THE VIDEO

What have you believed it takes to have a great marriage?

AS YOU WATCH

What connection do you hear between what happens in our minds and what eventually happens in our relationships?

Something I want to remember:

AFTER THE VIDEO

What stood out to you most?

What challenged or stretched your thinking?

What is one question you want to carry with you until Sunday?

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BETWEEN NOW & SUNDAY | SIT WITH IT

Do not rush these questions. Notice what they surface. Pray, write, and share with your spouse only what you are comfortable sharing.

WHAT IS SHAPING ME?

What current beliefs, attitudes, experiences, pressures, or mindsets are shaping the person I am right now?

WHAT HAVE I BROUGHT INTO US?

How are those influences affecting the way I show up in my relationship - positively or negatively?

WHAT DID I BRING FROM MY PAST?

What beliefs about marriage, conflict, money, affection, roles, communication, or family did I learn before this relationship?

WHAT STORY AM I TELLING MYSELF?

Is there a repeated thought or assumption about my spouse that I may have started treating as fact?

WHERE MIGHT GOD BE ASKING ME TO CHANGE MY MIND?

What area of my thinking am I willing to let God examine?

*Hope Couples Ministry companion material created to support participation in **Us in Mind** by Ted Lowe. This guide is original ministry application material and does not reproduce or replace the original study.*

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SESSION 1 | SUNDAY - WORK THROUGH IT

What Does It Take to Have a Great Marriage?

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TODAY'S INNER-REFLECTION QUESTION

What influences our ideas about what marriage is supposed to look like?

CONNECT THE DOTS

PAST / INFLUENCE -> THOUGHT -> INTERPRETATION -> RESPONSE -> IMPACT

Where do you recognize this pattern in your own thinking or relationship?

GROUP DISCUSSION

1. What did you notice about yourself between Wednesday and Sunday?
2. Where can an unexamined thought become an assumption, expectation, or reaction?
3. What makes it difficult to examine our own thinking when we feel hurt, disappointed, or misunderstood?
4. What would growth look like if we took responsibility for the part of the pattern that belongs to us?

PERSONAL PRACTICE | CATCH IT. TEST IT. RENEW IT.

1. What do I need to notice?
2. What do I need to examine more carefully?
3. What healthier truth, interpretation, or action do I want to practice?

SCRIPTURE CONNECTION

Reflect on: **Romans 12:2; 2 Corinthians 10:5**

What is God inviting me to practice this week?

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