

COUPLES CONNECT

OCTOBER 2026 COMPANION WORKBOOK

WEDNESDAY – SEE IT

CHRIST'S EXAMPLE + OUR MISSION

WEEK 2 BIG IDEA

Jesus gives us both a pattern and a purpose: love with humility and sacrifice, then let that love move outward. A Christlike marriage should not only bless the couple; it should become available to God for His mission.

VIDEO 3

Marriage in Light of Christ's Example

What aspect of Christ's example most challenges the way you currently love your spouse?

Where do humility, service, sacrifice, or surrender become difficult for you?

VIDEO 4

Marriage in Light of Our Mission

What does this session invite you to reconsider about who should benefit from your marriage?

What shared gifts, experiences, relationships, or opportunities come to mind?

AFTER BOTH VIDEOS

How might loving like Christ prepare our marriage to be useful for God's mission?

SCRIPTURE PREVIEW

Reflect on: Philippians 2:3-5; Mark 10:45; Matthew 5:14-16; 1 Peter 4:10

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BETWEEN WEDNESDAY & SUNDAY | SIT WITH IT

CHRIST'S EXAMPLE + OUR MISSION - REFLECTION

Do not rush these questions. Notice what they surface. Pray, write, and share with your spouse only what is appropriate.

1. WHERE IS SELF-INTEREST LOUDEST?

In what recurring situation am I most tempted to protect my preference, comfort, pride, or need to be right instead of considering my spouse?

2. WHAT WOULD CHRISTLIKE LOVE DO HERE?

What would humility, service, sacrifice, patience, or compassion look like in one real situation we are facing?

3. WHAT HAS GOD ENTRUSTED TO US?

What gifts, experiences, relationships, resources, home, skills, or testimony could God use through our marriage?

4. WHERE HAVE WE BECOME INWARD-FOCUSED?

Where has our energy become consumed only by our household, comfort, schedule, or survival?

5. WHAT SHARED MISSION COULD WE NAME?

Complete the sentence: "One way we believe God may want to use our marriage is to..."

*Hope Couples Ministry companion material created to support participation in **You and Me Forever** by Francis & Lisa Chan. This guide is original ministry application material and does not reproduce or replace the original study.*

SUNDAY - WORK THROUGH IT

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CHRIST'S EXAMPLE + OUR MISSION

How do we love like Christ and live beyond ourselves?

TODAY'S INNER-REFLECTION QUESTION

If Jesus is our model for love, what should the people closest to us experience because our marriage exists?

CONNECT THE DOTS

CHRIST'S EXAMPLE -> HUMILITY -> SERVICE -> SHARED AVAILABILITY -> MISSION

Where do you recognize this movement, or resistance to it, in your marriage?

GROUP DISCUSSION

1. What is the difference between sacrifice and resentment-producing self-erasure?
2. Where is it hardest to put the health of the "us" ahead of the need to be right?
3. What gifts or strengths do you see in your spouse that could bless other people?
4. How can a couple serve others without neglecting the health of their own marriage?
5. Who is already within our reach that God may be asking us to notice?

PERSONAL PRACTICE | FOLLOW IT. NAME IT. DO IT.

1. FOLLOW IT - What part of Christ's example do I want to practice more intentionally?
2. NAME IT - What shared purpose or burden do we sense God may be highlighting?
3. DO IT - What small act of service can we take together this week?

LIVE IT THIS WEEK

Choose one "love first" action. Encourage one person or couple. Do one act of service together. Pray for God to make your shared mission clearer.

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