

COUPLES CONNECT

OCTOBER 2026 COMPANION WORKBOOK

WEDNESDAY – SEE IT

GOD'S PROMISES + PARENTING / LEGACY

WEEK 3 BIG IDEA

Discipleship asks what we trust and what we transmit. God's faithfulness shapes how we endure uncertainty, and our daily example shapes the faith, values, and relational patterns we pass to the next generation and to people within our influence.

VIDEO 5

Marriage in Light of God's Promises

What promise, truth, or aspect of God's faithfulness do you most need to remember in your current season?

Where are fear, control, disappointment, or impatience revealing what you are struggling to trust?

VIDEO 6

Parenting to the Glory of God

What does this session challenge you to consider about what your home and marriage are teaching?

If you do not have children, what spiritual legacy or influence are you still creating through the way you live and love?

AFTER BOTH VIDEOS

How does what we trust affect what we model and pass on?

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SCRIPTURE PREVIEW

Reflect on: Hebrews 10:23; Deuteronomy 6:6-7; Psalm 78:4-7

BETWEEN WEDNESDAY & SUNDAY | SIT WITH IT

GOD'S PROMISES + PARENTING / LEGACY

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

1. WHAT AM I STRUGGLING TO TRUST?

Where am I tempted to rely on control, fear, pressure, or my own timeline instead of God's faithfulness?

2. WHAT DO OUR REACTIONS TEACH?

When pressure enters our home, what are others learning from the way we communicate, disagree, recover, pray, or forgive?

3. WHAT DO WE WANT TO PASS ON?

What faith, values, habits, or relational patterns do we want children, family, younger couples, or people within our influence to learn from us?

4. WHAT NEEDS TO STOP WITH US?

What unhealthy pattern from our family history, past experiences, or current habits do we not want to pass forward?

5. WHAT LEGACY ARE WE BUILDING NOW?

If someone described the spiritual and relational atmosphere of our home or marriage, what would we hope they could honestly say?

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SUNDAY - WORK THROUGH IT

GOD'S PROMISES + PARENTING / LEGACY

What are we trusting God for, and what are we intentionally passing on?

TODAY'S INNER-REFLECTION QUESTION

What are people learning about God, love, covenant, conflict, and grace by watching the way we live together?

CONNECT THE DOTS

WHAT WE TRUST -> HOW WE RESPOND -> WHAT WE MODEL -> WHAT WE REPEAT -> LEGACY

Where do you recognize this pattern in your marriage, home, or influence?

GROUP DISCUSSION

1. How does anxiety about the future change the way we treat one another in the present?
2. What is the difference between teaching faith with words and modeling faith with our reactions?
3. What pattern from your family of origin do you want to continue - and what pattern needs to end with you?
4. How can couples without children still intentionally build spiritual legacy?
5. What would it look like for our home to become a place where God's faithfulness is remembered out loud?

PERSONAL PRACTICE | REMEMBER IT. MODEL IT. PASS IT ON.

1. REMEMBER IT - What truth about God do we need to keep in front of us this week?
2. MODEL IT - What behavior or response do we want others to see consistently in us?
3. PASS IT ON - What value, story of faithfulness, prayer, or practice can we intentionally share?

LIVE IT THIS WEEK

Name one promise or truth to remember. Interrupt one unhealthy pattern. Practice one legacy-building habit together.

*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.*