

8■Week Christian Marital Covenant Renewal Pathway

A preparation pathway culminating in a credible covenant renewal ceremony with behavioral vows and maintenance plan.

Purpose

This 8■week pathway prepares a couple to renew their covenant in a way that is **credible**: vows are tied to measurable behaviors, and patterns of contempt, secrecy, and neglect are explicitly renounced. The renewal happens at Week 8 after consistent action—not at the beginning.

Week	Theme	Outcome
1	Covenant foundation	Shared definition of marriage covenant
2	Repentance and ownership	Each names personal contributions without blame
3	Truth in love	Honesty + boundaries + transparency defined
4	Honor and respect	Replace contempt with honor practices
5	Stewardship	Body/home/time stewardship commitments
6	Faithfulness	Guardrails for outsiders and fidelity
7	Service and sacrifice	Concrete acts of love scheduled
8	Renewal ceremony	Signed covenant + maintenance plan

Week 1: Covenant Foundation

Scripture and Discussion: Read together: Genesis 2:24; Ephesians 5:21–33. Discuss: covenant vs. contract. Write a shared paragraph: ‘In our home, covenant means...’

At■Home Steps (Complete in Order):

- Write 5 ‘covenant behaviors’ (e.g., truthful, present, respectful).
- Create a ‘No Divorce Talk’ rule for 8 weeks while you work (unless safety requires otherwise).
- Pray: ask God for a teachable spirit.

Deliverable: Bring your written work and trackers to your next counseling/pastoral meeting.

Week 2: Repentance and Ownership

Scripture and Discussion: Read: Psalm 139:23–24; Matthew 7:3–5. Each spouse writes: ‘Here is how I have harmed our marriage...’ (no mention of spouse’s failures).

At■Home Steps (Complete in Order):

- Use the Ownership Script: ‘I was wrong when I _____. It affected you by _____. I will change by _____.’
- Choose one behavior to stop this week (tone, avoidance, criticism).
- Offer one repair attempt daily (apology or gratitude).

Deliverable: Bring your written work and trackers to your next counseling/pastoral meeting.

Week 3: Truth in Love

Scripture and Discussion: Read: Ephesians 4:15, 29. Define honesty that is gentle and specific (no global attacks).

At■Home Steps (Complete in Order):

- Draft a Transparency Agreement (bounded): calendar openness, time away, finances (as relevant).
- Draft a Conflict Rule: problems discussed only at scheduled times.
- Practice gentle startup 3 times this week.

Deliverable: Bring your written work and trackers to your next counseling/pastoral meeting.

Week 4: Honor and Respect

Scripture and Discussion: Read: Romans 12:10; 1 Peter 3:7. Replace contempt with honor.

At■Home Steps (Complete in Order):

- Daily: speak one sentence of honor ('I respect you for...').
- Write 10 strengths of your spouse; read 3 aloud on date night.
- Create a 'home welcome ritual' for greetings.

Deliverable: Bring your written work and trackers to your next counseling/pastoral meeting.

Week 5: Stewardship (Home + Body + Mind)

Scripture and Discussion: Read: 1 Corinthians 6:19–20; Proverbs 31:27. Stewardship without shame.

At■Home Steps (Complete in Order):

- Agree on minimum home standards (5 items) and track 5/7 days.
- Each spouse chooses a 10■minute dignity routine (hygiene/health).
- Schedule any needed medical/dental follow■ups; share confirmations.

Deliverable: Bring your written work and trackers to your next counseling/pastoral meeting.

Week 6: Faithfulness Guardrails

Scripture and Discussion: Read: Proverbs 4:23; Hebrews 13:4. Identify threats to fidelity (emotional and physical).

At Home Steps (Complete in Order):

- Write 5 guardrails regarding outsiders (no secrecy, no private emotional intimacy).
- Agree on how to handle 'suspicion moments' without interrogation (bring to counselor).
- Pray for protection over your marriage.

Deliverable: Bring your written work and trackers to your next counseling/pastoral meeting.

Week 7: Service and Sacrifice

Scripture and Discussion: Read: Philippians 2:3–4; John 13:14–15. Love becomes credible through service.

At■Home Steps (Complete in Order):

- Each spouse chooses 3 acts of service this week (specific, scheduled).
- Do one 'burden-lifting' task for the other without being asked.
- Write: 'When you serve me, I feel...' and read it aloud.

Deliverable: Bring your written work and trackers to your next counseling/pastoral meeting.

Week 8: Renewal Ceremony + Maintenance

Scripture and Discussion: Read: Lamentations 3:22–23; Malachi 2:15. Renew vows after demonstrated change.

At■Home Steps (Complete in Order):

- Finalize covenant: 8–12 vows total (behavioral). Sign with witness (pastor/therapist).
- Create a maintenance calendar: weekly meeting, date night, monthly review.
- Create a relapse plan: early warning signs + what you do within 48 hours.

Deliverable: Bring your written work and trackers to your next counseling/pastoral meeting.