

Lead Where You Live: 7-Day Marriage Challenge

Champion Church – Marriage Reset Tool



MARRIAGE MISSION:

"We are taking practical, intentional steps toward shared leadership in our home, not through control—but through consistency, presence, and partnership.

Our marriage thrives when we both take responsibility for the atmosphere, order, connection, and intimacy in our household."



7-Day Reset Structure

✓ 1. Weekly Reset Meeting (20–30 min)

- Meet at the start or end of the week.
- Review what worked, where you stumbled, and what to improve.

Use this guide to talk, not argue.

✓ 2. Daily Check-In (5 min)

- Ask: “How can I support you today?”
- Share one word of encouragement or prayer.

✓ 3. Scheduled Intimacy

- Choose one night this week to reconnect emotionally and/or physically.
- Protect that time—no kids, phones, or distractions.

✓ 4. Shared Task (Daily)

- Work together on one household or parenting task.

✓ 5. One Fun Moment

- Watch a movie, go for a walk, play a game—laugh together.



HUSBAND'S COMMITMENTS

1. Lead in the Home

I will personally take the lead this week in these 3 ways. (*This means taking initiative instead of waiting to be asked—bringing order, structure, or peace to areas that need attention*)

- _____
- _____
- _____

2. Serve With Intention

Initiate 1 positive act daily (coffee, prayer, encouragement).

3. Engage in Parenting

Lead toddler bedtime by 8:30 PM at least 2 nights this week.

4. Prioritize Intimacy

Create a moment of closeness—emotionally or physically—this week. Give it care, space, and intention.



WIFE'S COMMITMENTS

1. Create Peace

I will complete one visible, peace-bringing household task each day. *(This means choosing one space or task that brings calm, cleanliness, or comfort to the home—something your spouse and child can feel and appreciate.)*

- _____
- _____
- _____

2. Affirm Effort

Recognize 3 specific things my husband does this week—no matter how small.

3. Be Present at Home

Limit distractions and re-engage during family hours.

4. Cultivate Intimacy

Respond to or initiate intimate connection this week with warmth and presence.



Weekly Review

- What worked well?
- What didn't?
- What's one win to carry into next week?



Scriptural Motivation

- Ecclesiastes 4:9-10 – Two are better than one...
- Ephesians 5:33 – Love and respect one another.
- 1 Peter 4:8 – Love covers a multitude of sins.
- Proverbs 24:3-4 – A home is built with wisdom.
- Galatians 6:9 – Don't grow weary the harvest is coming.



Words to Remember

- "Leadership starts in your living room."
- "Peace doesn't happen by accident. You build it."
- "Intimacy grows with trust, kindness, and consistency."



Stick with it. Celebrate the small wins.
Let this week shift the whole tone of your marriage.