



Marriage Growth-Track

Welcome to Growth-Track

I'm excited for you and your partner to join us in Growth-Track to strengthen your relationship with each other. We have designed this resource for you to take the next step in your story. Whether you are a married, dating, or engaged couple, we want to equip you to have the most vibrant, connected relationship possible.

Over the next three months, you will discover 12 biblical attributes that have been proven and researched to improve your relationship with each other. Whether you're facing tremendous challenges in your relationship or enjoying a season of compatibility, our hope is that these resources will spark conversation, invite insight, and foster a greater love and appreciation for one another. Each week will feature a short video on a relationship topic to equip and inspire you. Along with the video, you will also receive connection tips, weekly date night ideas, and a daily couple's devotional.

To get the most from Growth-Track, we encourage you and your partner to spend uninterrupted time together. Just for a few minutes, put aside work worries, household responsibilities, kid issues, and even your smartphone to read and discuss the topic of the day. We've designed the resource to be less than ten minutes, so it's the perfect way to start or end your day together.

Our prayer for you over the next few months as you spend time together is for you to grow and increase your emotional, physical, and spiritual connection with one another. Give it a try. Our bet is that what may start out as a challenge will end up being the most fulfilling 10 minutes of your day when we're done.

Week one begins with the Couple Checkup.

The Couple Checkup is an online assessment tool designed to help you identify your unique relationship strengths and growth areas you have as a couple. You will receive a 15-20 page report on your relationship addressing issues such as: communication, conflict resolution, financial management, personality, sex, and much more. It's a fun and an easy way to take a closer look at your relationship, increase your relationship strengths, and above all - spark meaningful conversation between you and your partner.

This week your assignment is to complete the Couple Checkup. Starting next week, you will receive a short video, discussion questions, and couple's devotional for you to do together. You will be spending quality time together learning and growing in your relationship with God and each other.

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To get started on please click on the following link:

<https://www.couplecheckup.com/go/dnct.html>

And use this code to create your Couple Checkup account and complete your assessment.

SOAR-FOTP-CHURCH

Before you begin, please read the following:

This is NOT a “Test”. This Inventory is designed to help you and your partner identify the strength and growth areas in your relationship, and to facilitate discussion. It is not a pass or fail test, nor is it designed to predict your chances of marital success.

Format. The initial portion of the Couple Checkup will display statements that describe relationships. You will then indicate whether or not you agree that each statement accurately describes your relationship. Answers range from 1 (strongly disagree) to 5 (strongly agree).

Do not attempt to preview the items when taking the Couple Checkup. Answer the items as they appear. All items require a response before proceeding to the next page. The responses for each page are stored as you proceed to the next page. You will not be able to back up to a previous page and modify them.

Avoid Undecided Answers. Answering too many questions “Undecided” (a response of 3) will provide you with less insight into your relationship. Please try to choose agree or disagree responses for a more accurate reflection of your relationship.

Do Not Discuss the Questions with Your Partner. This inventory was designed to help you learn more about your relationship. If you discuss the questions before you have both completed the inventory, your results will be less accurate.

Answer Honestly. Honest and open answers will lead to a more accurate assessment of your relationship. This, in turn, will help you and your partner strengthen your relationship by correctly identifying your relationship strengths and growth areas.

The Couple Checkup is Confidential. As you take this, please know that your answers are confidential.