NEW FAITH CHURCH MARRIAGE RETREAT 2026

Presented by Dr. Andre J. Lewis, Lead Pastor

THE LEGACY BLUEPRINT

Love Lessons Built for Legacy

PARTICIPANT WORKBOOK

"We will not conceal them from their children, but we will tell the generation to come the praises of the LORD, and His power and His wondrous works that He has done."

PSALM 78:4 NASB

Legacy is not only what you leave to people;
it is what you leave in people.

LEARN IT! • LIVE IT! • LEAVE IT!

Participant name(s)

Years married / relationship season (optional)

THE BLUEPRINT BEGINS HERE

Before We Build

THE BIG IDEA

A legacy marriage learns God's faithfulness, lives God's love, and leaves a godly pattern behind.

1. The wedding is the _____; marriage is the lifelong _____.
2. Decorating asks, "How does it look?" Building asks, "Will it _____?"
3. God can help us build something joyful, tender, faithful, and _____.

Opening Exercise: Our Blueprint Check-In

Complete the prompts individually. Then take turns sharing without interrupting, correcting, or fixing.

1. One strength I celebrate in our marriage is:

2. One way God has already carried us is:

3. One hope I have for our time together is:

Together, choose one word for the season you want to build:

Our Conversation Covenant

- ☐ Speak for ourselves using "I feel," "I notice," and "I need."
- ☐ Listen to understand instead of preparing a rebuttal.
- ☐ Allow either spouse to pass on a question without pressure.
- ☐ Keep private details private unless we both agree to share.
- ☐ Pause respectfully when needed and name a time to return.
- ☐ Seek wise support when an issue is larger than we can resolve alone.

POINT ONE • KEEP BUILDING

Covenant Commitment Keeps Building When Feelings Change

PSALM 78:2–4

> **BIG IDEA**
>
> Covenant love does not deny changing feelings; it is a grace-enabled, settled promise to keep practicing faithfulness through changing seasons.

Follow Along

1. Asaph turns memory into _____.
2. Faithfulness travels through _____.
3. One generation receives God's faithfulness, another embodies it, and the next generation _____ it.
4. Our children may never read our wedding vows, but they will read the way we _____ them.
5. Feelings are the _____; covenant is the _____.
6. Covenant love is the presence of a settled _____.
7. A difficult season does not have to become the _____ chapter.

Biblical Insight

KEY WORD	MEANING
MASKIL	Instruction intended to make God's people wise.
TELL	To recount, rehearse, and declare God's works.
MOVEMENT	We heard • our parents told us • we will tell the next generation.

Talk Together

Choose one question for the live session. Return to the others later.

1. What is one story of God's faithfulness that we do not want our family to forget?
2. What small action helps you feel that we are still building as a team?
3. When pressure rises, what would faithful support from me look like this week?

POINT ONE • LIVE IT

Covenant Builder Lab

1. Name the Weather—Without Mistaking It for the Blueprint

Our present season feels (sharing is optional):

☐ Joyful ☐ Steady ☐ Busy ☐ Stretching ☐ Rebuilding ☐ Uncertain
☐ Prefer not to label

Regardless of the weather, one strength we can build upon is:

2. Remember, Reaffirm, Repair

Remember — "God helped us through…"

Reaffirm — "One covenant strength I see in you is…"

Repair — "One small, low-stakes area we can improve together is…"

Do not try to resolve major conflict in this brief exercise. Save complex or high-stakes concerns for an appropriate private setting with qualified support.

3. Make a Repair Plan

Our respectful pause phrase will be:

A realistic time for returning to the conversation is:

If we remain stuck, we can seek support from:

Build This Week

☐ Tell one story of what God has carried us through.
☐ Schedule a 20-minute, phone-free marriage check-in.
☐ Offer one sincere apology without excuses.
☐ Speak one specific word of honor each day.
☐ Schedule one joyful activity together.
☐ Seek wise counsel before a small crack becomes a collapse.

POINT TWO • SPEAK LIFE

Life-Giving Communication Builds a Home Where Love Can Breathe

PROVERBS 18:21

> *"Death and life are in the power of the tongue, and those who love it will eat its fruit."*
>
> **PROVERBS 18:21 NASB**

BIG IDEA

Words create relational consequences. Life-giving communication speaks truth with grace, listens with patience, and uses difficult conversations to restore dignity.

Follow Along

1. If covenant is the foundation, communication is the _____ inside the house.
2. Death and life are in the _____ of the tongue.
3. The Hebrew expression beyad literally means "in the _____."
4. Words are _____, conversation is _____, and marriage tastes the _____.
5. Jesus models truth and _____ living together.
6. The goal is understanding and protecting the _____, not winning while losing your spouse.
7. Marriage is the next generation's first communication _____.

Jesus' Pattern for Marriage

TEXT	JESUS MODELS	MARRIAGE PRACTICE
JOHN 4	Truth with grace	Address the issue without attacking identity.
LUKE 24	Listening before explaining	Seek understanding before offering solutions.
JOHN 21	Correction that restores	Pursue repair, not victory.

POINT TWO • LIVE IT

The Emmaus Listening Lab

Jesus listened to discouraged disciples before He explained. Practice listening for understanding instead of immediately correcting or fixing.

Let Love BREATHE

	PRACTICE	WHAT IT SOUNDS LIKE
B	Begin gently	"Is this a good time for us to talk?"
R	Receive	Listen without interrupting or preparing a defense.
E	Explain	Address the issue without attacking identity.
A	Acknowledge	"I can understand how that affected you."
T	Take a pause	Name a realistic time to return.
H	Help repair	Ask, "What would help us move forward?"
E	End with assurance	Remind each other, "We are on the same team."

Ten-Minute Listening Exercise

1. Choose a low-stakes prompt: "One thing on my mind…" or "One small way home could feel lighter…"
2. Spouse A speaks for up to three minutes. Spouse B listens without interrupting.
3. Spouse B reflects: "What I hear you saying is _____. Did I understand?"
4. Ask: "Would you like listening, encouragement, prayer, or practical help?" Then switch roles.

Talk Together

1. What helps you feel most heard by me?
2. What can we both avoid because it makes understanding harder?
3. What life-giving words would you appreciate hearing more often?

Speak Life This Week

- ☐ Speak one specific appreciation each day.
- ☐ Have three 10-minute, phone-free conversations.
- ☐ Avoid name-calling, threats, public embarrassment, and fighting by text.
- ☐ Practice one apology without adding "but."
- ☐ Use BREATHE during one difficult conversation.

DECLARATION

Love can breathe here. Grace lives here. By God's help, we will keep speaking life.

POINT THREE • PASS THE FAITH

A Faithful Marriage Gives the Next Generation a Godly Pattern

MALACHI 2:14–15

> **BIG IDEA**
>
> Marriage is a covenant lived before God, and the next generation learns faithfulness by observing our worship, affection, service, repentance, and repair.

Follow Along

1. God was not merely a guest at the wedding; He remains the holy _____ of the marriage.
2. Malachi describes a spouse as a covenant _____.
3. How we treat one another at home is part of our _____.
4. Covenant faithfulness creates a credible _____ in which others can see faith at work.
5. Faithful does not mean _____. It means we repent, repair, and return to the promise.
6. Our marriage is carrying more than a schedule; it is carrying a _____.

The Legacy Handoff

CARRY FORWARD	REPAIR OR RELEASE	PASS ON
A healthy pattern or faith story we received: _____ _____	A harmful pattern we want to repair or release: _____ _____	A godly practice we will intentionally model: _____ _____

Talk Together

1. What do we hope others learn about God and love by watching our marriage?
2. Which rhythm should we strengthen: prayer, shared meals, worship, service, hospitality, testimony, gratitude, or joy?
3. Who in the next generation can we intentionally encourage together?

Write your legacy sentence: "By God's grace, our home will be known as a place where…"

LEGACY REACHES BEYOND BIOLOGY

Your faithfulness can teach children, grandchildren, nieces, nephews, godchildren, neighbors, mentees, and the children of the church. Somebody is learning covenant by watching you.

LEARN IT • LIVE IT • LEAVE IT

Our 30-Day Legacy Blueprint

Choose Your Legacy To-Dos

AREA	WE WILL PRACTICE
FOUNDATION	☐ Weekly 20-minute covenant check-in ☐ Tell one story of God's faithfulness
AIR	☐ Three phone-free conversations each week ☐ One specific appreciation each day
HANDOFF	☐ Begin one family faith rhythm ☐ Encourage or serve someone younger together
JOY	☐ Plan one simple date or shared activity ☐ Celebrate progress at day 30

Put It on the Calendar

BLUEPRINT LINE	OUR COMMITMENT
COVENANT	Once each week, we will spend _____ minutes remembering God's faithfulness and checking in. Day/time: _____
COMMUNICATION	We will have _____ phone-free conversations each week. Our respectful pause phrase: _____
LEGACY	We will practice _____ with/for _____ every _____.
FIRST STEP	Within the next 48 hours, we will: _____

Seven-Day Quick Start

☐ Remember ☐ Honor ☐ Listen ☐ Repair ☐ Pray ☐ Enjoy ☐ Pass It On

SPEAK A BLESSING

Complete aloud, if you both wish: "One evidence of God's grace I see in you is _____."

Closing Prayer

Faithful God, thank You for being the Builder of our lives and the Keeper of our covenant. Teach us to remember Your works, speak words that give life, and live a pattern worth passing on. When feelings change, help us keep building. When words wound, give us humility to repair. Let those who watch our lives see grace rather than performance. By Your Spirit, help us learn it, live it, and leave it. In Jesus' name, amen.

Closing Litany

Leader: When feelings change?
Couples: **By God's grace, we will keep building!**
Leader: When pressure rises?
Couples: **Love can breathe here!**
Leader: What will we pass forward?
Everyone: **A pattern of faith, grace, and covenant love—learn it, live it, leave it!**