



Marriage Retreat

**God, the Gospel,
and Your Marriage**

APRIL 10-11, 2026

Redeeming Grace Church

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Schedule

FRIDAY, APRIL 10

5:30 – 6:00	Arrival & Check-in
6:00 – 7:00	Dinner
7:00 – 8:30	Session 1: 7 Marks of a Healthy Marriage
8:30 – 9:00	Couples Reflection
9:00 – 10:00	Dessert & Fellowship

SATURDAY, APRIL 11

8:00 – 8:30	Breakfast & Childcare Drop-Off
8:30 – 9:45	Session 2: A Closer Look at Conflict
9:45 – 10:00	Couples Reflection
10:00 – 10:15	Break
10:15 – 11:15	Session 3: Moving Towards Resolution
11:15 – 11:55	Q&A with the Bullmore's
11:55 – 12:10	Prayer & Close

Song Lyrics

This Is Amazing Grace

Verse 1:

Who breaks the power of sin and darkness
Whose love is mighty and so much stronger
The King of Glory, the King above all kings
Who shakes the whole earth with holy thunder
Who leaves us breathless in awe and wonder
The King of Glory, the King above all kings

Chorus:

This is amazing grace
This is unfailing love
That you would take my place
That you would bear my cross
You laid down your life
That I would be set free
Jesus, I sing for
All that you've done for me

Verse 2:

Who brings our chaos back into order
Who makes the orphan a son and daughter
The King of Glory, the King of Glory
Who rules the nations with truth and justice
Shines like the sun in all of its brilliance
The King of Glory, the King above all kings

Bridge:

Worthy is the Lamb who was slain
Worthy is the King who conquered the grave
Worthy is the Lamb who was slain
Worthy is the King who conquered the grave

How Firm a Foundation

Verse 1

How firm a foundation, you saints of the Lord,
Is laid for your faith in his excellent word!
What more can he say than to you he has said,
To you who for refuge to Jesus have fled.

Verse 2

"Fear not, I am with you, O be not dismayed,
For I am your God, and will still give you aid;
I'll strengthen you, help you, and cause you to stand,
Upheld by my righteous, omnipotent hand."

Verse 3

"When through the deep waters I call you to go,
The rivers of sorrow shall not overflow;
For I will be with you, your troubles to bless,
And sanctify to you your deepest distress."

Verse 4

"When through fiery trials your pathway shall
lie,
My grace, all sufficient shall be your supply;
The flame shall not hurt you; I only design
Your dross to consume, and your gold to
refine."

Verse 5

"The soul that on Jesus has leaned for repose,
I will not, I will not desert to his foes;
That soul, though all hell should endeavor to
shake,
I'll never, no never, no never forsake!"

Build My Life

Verse 1

Worthy of every song we
could ever sing
Worthy of all the praise
we could ever bring
Worthy of every breath we
could ever breathe
We live for you

Verse 2

Jesus the name above
every other name
Jesus the only one
that could ever save
Worthy of every breath
we could ever breathe
We live for you
We live for you

Bridge

I will build my life, upon your love
It is a firm foundation
I will put my trust, in you alone
And I will not be shaken

Chorus

Holy there is no one like you
There is none beside you
Open up my eyes in wonder
Show me who you are
And fill me with your heart
And lead me in your love
to those around me

Great Are You Lord

Verse:

You give life, you are love
You bring light to the darkness
You give hope, you restore
Every heart that is broken
Great are you, Lord

Chorus:

It's your breath in our lungs
So we pour out our praise, we pour out our praise
It's your breath in our lungs
So we pour out our praise to you only

Bridge:

All the earth will shout your praise
Our hearts will cry, these bones will sing
Great are you, Lord

It Was Finished Upon That Cross

Verse 1

How I love the voice of Jesus
On the cross of Calvary
He declares his work is finished
He has spoken this hope to me
Though the sun had ceased its shining
- Though the war appeared as lost
Christ had triumphed over evil
It was finished upon that cross

Verse 2

Now the curse it has been broken
Jesus paid the price for me
Full, the pardon he has offered
Great, the welcome that I receive
Boldly I approach my Father
- Clothed in Jesus' righteousness
There is no more guilt to carry
It was finished upon that cross

Verse 3

Death was once my great opponent
Fear once had a hold on me
But the Son who died to save us
Rose that we would be free indeed!
Yes! He rose that we would be free
indeed!

Free from every plan of darkness
- Free to live and free to love
Death is dead and Christ is risen!
It was finished upon that cross
Onward to eternal glory
- To my Saviour and my God
I rejoice in Jesus' victory
It was finished upon that cross

I Love You Lord

I love you, Lord
And I lift my voice
To worship you
O my soul, rejoice!
Take joy, my King, in what you hear,
Let it be sweet, sweet, sound
In your ear.

Session 1:

7 Marks of a Healthy Marriage

Introduction: Three Operating Assumptions

1. **God is the author and designer of marriage.**

"Have you not read that he who created them from the beginning made them male and female, and said, 'Therefore a man shall leave his father and his mother and hold fast to his wife, and the two shall become one flesh?'" Matthew 19:4-5

2. **Therefore, we should pay full attention to what God thinks and wills about marriage.**

"The unfolding of your words gives light; it imparts understanding to the simple." Psalm 119:130

"Your word is a lamp to my feet and a light to my path." Psalm 119:105

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths." Proverbs 3:5-6

3. **The Bible is a completely reliable representation of God's thoughts and will.**

"All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness..." 2 Timothy 3:16

Mark #1 - A Happy Embrace of God's Design of Male and Female in an Exclusive and Permanent Relationship.

"The man gave names to all livestock and to the birds of the heavens and to every beast of the field. But for Adam there was not found a helper fit for him. So the Lord God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. Then the man said, 'This at last is bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of Man.' Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh." Genesis 2:20-24

"Wives, submit to your own husbands, as to the Lord. For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. Now as the church submits to Christ, so also wives should submit in everything to their husbands. Husbands, love your wives, as Christ loved the church and gave himself up for her, that he might sanctify her, having cleansed her by the washing of water with the word, so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, because we are members of his body. 'Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.' This mystery is profound, and I am saying that it refers to Christ and the church. However, let each one of you love his wife as himself, and let the wife see that she respects her husband." Ephesians 5:22-33

Is there a pattern of gender-specific derogatory language present in our relating to each other?

Do I find myself comparing my spouse unfavorably to other men or women?

Am I investing in some other relationship (e.g. a friendship, a family member) that which should be invested in my marriage?

Is divorce or separation ever used as a threat or mentioned in times of heated conflict?

Mark #2 - A Mutual Respect for Complementary Roles and for Each Other

"Then the Lord God said, 'It is not good that the man should be alone; I will make him a helper fit for him.'" Genesis 2:18

"Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered." 1 Peter 3:7

Can I name and do I give thanks for my spouse's strengths and his/her contribution to our marriage?

Does my role feel like a privilege or a burden? Is there any leveraging of roles for personal advantage?

Is there any pattern of disrespectful speech in our marriage?

Husbands: Do I welcome and even seek out my wife's perspective for my leadership?

Wives: Does my encouragement of my husband greatly outweigh my criticism?

Mark #3 - A Commitment to Actively Self-Giving Love

“Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.” 1 Corinthians 13:4-7

Is there regular action that actually feels like sacrifice?

Do I often feel a need to ensure that things are “even” between me and my spouse and become resentful if I’m carrying a larger load in parenting, housework, etc.?

Do I regularly recite (to myself or to my spouse) the things I do that seem to have gone unrecognized?

Am I sufficiently aware of my own inclination to be self-focused? Am I willing to humble myself before my spouse and ask where this shows up most?

Mark #4 - A Commitment to Wise and Grace-filled Communication, especially in Conflict Resolution

"But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere." James 3:17

Do I feel like there is a commitment to careful listening in our marriage?

In conflict, do I feel a greater need to protect our relationship or the rightness of my own position?

Would my spouse describe my posture in conflict as receptive or defensive? How frequently is there the acknowledgement, "That's helpful, I see that"?

Mark #5 - A Regularity of Confession and Forgiveness (because you're not going to do the first four perfectly)

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." Ephesians 4:32

How often in our relationship is there a circling back and saying, "What I did/said was wrong, I'm sorry"?

How often are the words "I forgive you" actually spoken? When forgiveness is spoken, is there true healing or is it taken for granted?

Can I name the areas my spouse regularly needs to forgive or bear with me?

Do I keep a record of sins? That is, do I regularly find myself thinking about or tempted to bring up against my spouse sins for which I've forgiven them?

Mark #6 - A Zealous Protection Over and a Happy Enjoyment of Relational Intimacy, both Physical and Spiritual

"And the man and his wife were both naked and were not ashamed." Genesis 2:25

"Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous." Hebrews 13:4

"Drink water from your own cistern, flowing water from your own well...Let them be for yourself alone." Proverbs 5:15, 17a

"Let him kiss me with the kisses of his mouth! For your love is better than wine." Song of Solomon 1:1-2

Is there a good and mutually beneficial regularity in our sexual intimacy? Is the priority of this mutually owned?

Is my thinking about our sexual intimacy informed more by my sense of need or my desire to serve my spouse and my marriage?

Is there a confidence and emotional/spiritual safety we feel in our sexual intimacy?

Are there regular full-body hugs and face-to-face kisses on the lips apart from times of sexual intimacy?

Is there anyone to whom I confide more of my heart than my spouse?

Mark #7 - A Stable, Steady General Enjoyment of Each Other

“Enjoy life with the wife whom you love, all the days of your vain life that he has given you under the sun, because that is your portion in life and in your toil at which you toil under the sun.” Ecclesiastes 9:9

Are there regular routines of time spent together in our marriage, e.g. going to bed at the same time, eating meals together, regular “meetings”?

Is there a purposed planning of special times, e.g. dates, celebrations, getaways, recreation?

Is laughter a regular experience in our interactions with each other?

Do I look forward to coming home to my spouse? Does he/she?

Conclusion: A Sober Self-Assessment

1.

2.

3.

Session 2:

A Closer Look at Conflict

Introductory Comments

I. Some Biblical Wisdom Regarding Conflict

A. One Critical Principle

“What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask.” James 4:1-2

B. Five Contributing Factors

"By insolence comes nothing but strife, but with those who take advice is wisdom." Proverbs 13:10

"A soft answer turns away wrath, but a harsh word stirs up anger." Proverbs 15:1

*"A hot-tempered man stirs up strife, but he who is slow to anger quiets contention."
Proverbs 15:18*

"The heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil things." Proverbs 15:28

*"As charcoal to hot embers and wood to fire, so is a quarrelsome man for kindling strife."
Proverbs 26:21*

"A continual dripping on a rainy day and a quarrelsome wife are alike" Proverbs 27:15

C. Four Key Practices

*"The beginning of strife is like letting out water, so quit before the quarrel breaks out."
Proverbs 17:14*

"A fool takes no pleasure in understanding, but only in expressing his opinion." Proverbs 18:2

"Good sense makes one slow to anger, and it is his glory to overlook an offense." Proverbs 19:11

"For pressing milk produces curds, pressing the nose produces blood, and pressing anger produces strife." Proverbs 30:33

D. Two Helpful Reminders

"Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful" 1 Corinthians 13:4-5

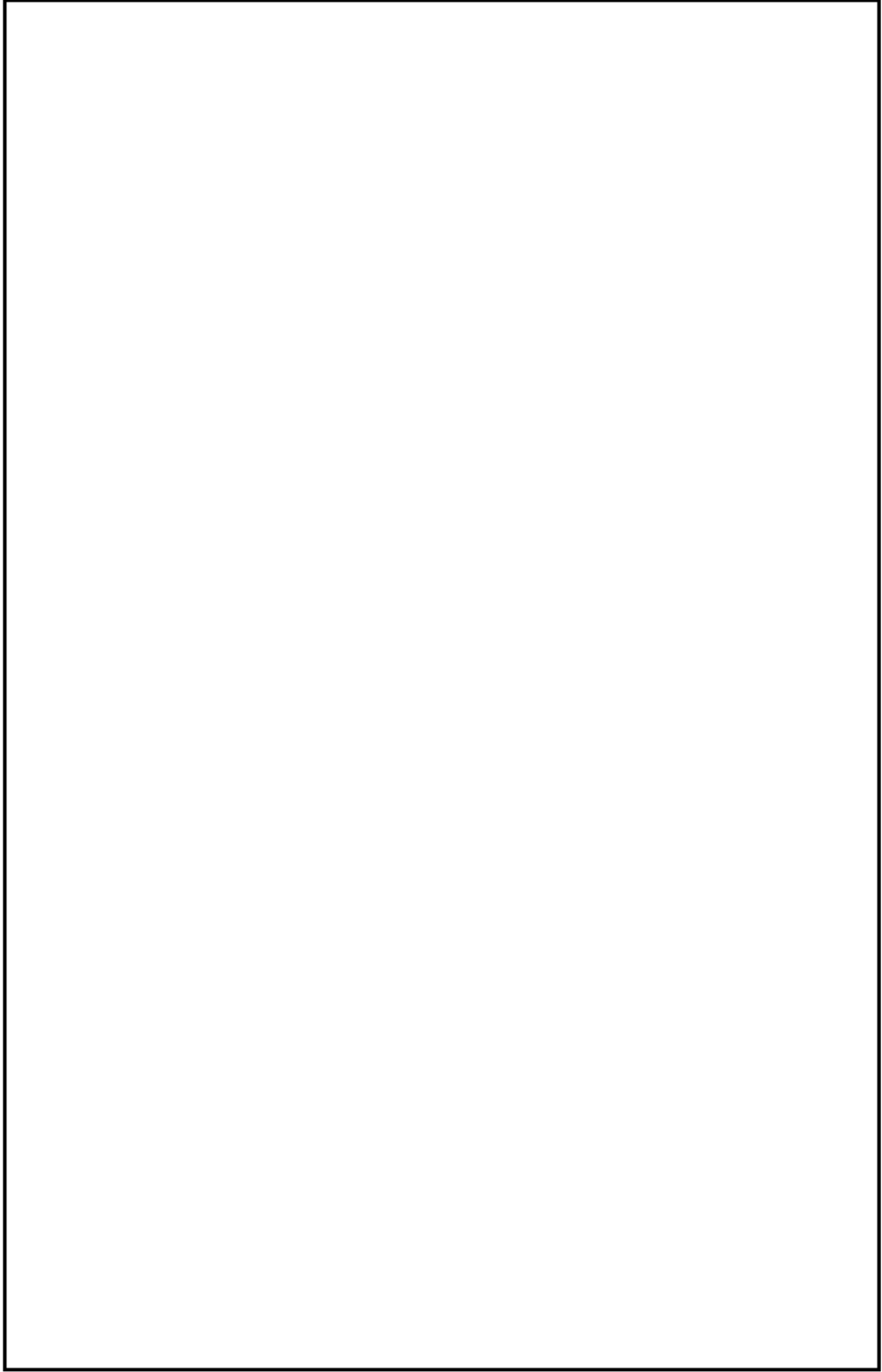
"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." Ephesians 4:32

II. Some Self-Assessment Toward Growth

A. Styles of Conflict Resolution

STYLES OF CONFLICT RESOLUTION

High Concern for Personal Goals



Low Concern for Personal Goals

High Concern for Relationship

Low Concern for Relationship



B. A Mutual Understanding

Rank the following according to how well you feel you understand how your spouse feels about them.

G - Good Understanding

F - Fair Understanding

P - Poor Understanding

N - No Understanding

Comments:

Life Goals	G	F	P	N
Children	G	F	P	N
Personal Faith	G	F	P	N
Sex	G	F	P	N
Careers	G	F	P	N
In-Laws	G	F	P	N
Honeymoon Expectations	G	F	P	N
Church Attendance	G	F	P	N
Conflict	G	F	P	N
Divorce	G	F	P	N
Household Chores	G	F	P	N
Friends - Same Sex	G	F	P	N
Friends - Opp. Sex	G	F	P	N
Cleanliness	G	F	P	N
Money	G	F	P	N
Marriage Roles	G	F	P	N

List the two areas you feel need most to be discussed:

C. A Recommended Exercise - Individual Reflection (copyright © 2018 CCEF)

1. Which direction are you tempted to move in conflict (against or away from your spouse)?

2. When my spouse moves against/withdraws, I feel _____
(e.g., panic, anger, anxiety, disappointment).

3. I am afraid that my spouse's moving against/withdrawing might be an indication that he/she:

4. When my husband/wife and I are arguing, I often react by (list some of your actions):

5. My husband/wife often responds to me by (list some of your spouse's actions):

6. When my husband/wife responds to me in this way, beneath the anger and frustration, my deepest feeling is:

7. When I'm in this place, I see myself as:

8. When I'm seeing myself in this light, I long for him/her to:

9. When I respond the way I normally do in conflict, beneath the anger and frustration, my husband/wife probably feels:

10. When I act the way I normally do in conflict, I would imagine that my husband/wife sees him/herself as:

11. When he/she is seeing him/herself in this light, he/she longs for me to:

Session 3:

Moving Toward Resolution

Introductory Comments

I. A Quick Review -

"One Flesh" (Cf. Gen. 2:21-24; Mark 10:6-9)

The Implication

The Reality of Conflict

"Conflicting opinions turn into quarreling when we prioritize *me* over *we* and *me* doesn't get what it wants."

II. Wise Steps for Conflict Resolution

A. Understanding Your Patterns in Conflict

Understanding Your Tendencies as a Person

Understanding Your Patterns as a Couple

-
-
-
-
-

B. Cultivating Humble and Honest Openness of Heart

-

A Helpful Diagram

“ A brother offended is more unyielding than a strong city, and quarreling is like the bars of a castle.” Proverbs 18:19

A Little Exercise

C. Creating New Patterns

1. The Pattern of Pursuing Understanding

"A fool takes no pleasure in understanding, but only in expressing his opinion." Proverbs 18:2

*"The purpose in a man's heart is like deep water, but a man of understanding will draw it out."
Proverbs 20:5*

2. The Pattern of Humble Acknowledgement

3. The Pattern of Honoring/Valuing

4. The Pattern of Purposed Gratitude and Encouragement

“Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.” Ephesians 4:29

Conclusion: A Final Bit of Homework

Notes

