

Change is hard! In order for a person to successfully retrain their thinking and actions it takes diligence and persistence with a purpose in view. Your purpose is to gain new understanding about yourself, your husband, and your marriage.

Each lesson is designed to be done over a two week period but can be done in one week increments. This study is best suited for small groups and is not intended to replace traditional Bible studies, but rather it should be considered a companion study.

There are five distinct sections within each lesson. The *RECAPTURE* section will focus on biblical basic truths about specific areas of marriage. The *RECONNECT* section will focus on aligning your heart with biblical truths about marriage. The *REDIRECT* section will help direct your thoughts with what you have just studied in a very practical way.

The *DAILY HOMEWORK* section should begin after completion of the first three sections. This is the most important aspect of the lesson; this is where you will put into practice what you are learning! There will also be a *DIARY* section at the very end of your *DAILY HOMEWORK*, don't skip this last section! The *DIARY* section is where you will evaluate and record new understanding that you have gained through your study. You will even have the opportunity to record positive comments made to you by your husband or others who noticed your progress!