

SESSION #6

THE LONG GAME



The strength of your marriage today determines the legacy you build together tomorrow.



BOOK CHAPTERS 9 & 10
Enjoy Your Baby
& Keep Your Promise

SESSION OVERVIEW

In this session, you'll discover how to protect your marriage through the joys and stresses of having children and how to keep the promises that sustain your love for the long haul.

WHAT YOU'LL DISCOVER



How to enjoy your baby while protecting your marriage.



Why your marriage must remain a priority—even in a busy season.



Practical rhythms to stay connected when life feels overwhelming.



How keeping your promises builds trust, safety, and a lasting legacy.

KEY TAKEAWAYS



BABIES CHANGE EVERYTHING

Children bring joy—and exhaustion. Protect your marriage by planning ahead and staying united.



STAY CONNECTED ON PURPOSE

Small, intentional moments keep you close. Connection won't happen by accident.



CREATE LIFE-GIVING RHYTHMS

Build rhythms of rest, date time, and teamwork that help your marriage and family thrive.



KEEP YOUR PROMISES

Promises are the glue of trust. Keep the small promises so you can keep the big ones.



BUILD A LEGACY TOGETHER

The choices you make today shape the story your children—and future generations—will inherit.

“What you do in the first few years of your marriage, if you make wise decisions, will open the doorway to a successful marriage.”

— GARY CHAPMAN, PhD,
author of *The 5 Love Languages*



PRACTICES TO PROTECT YOUR MARRIAGE IN EVERY SEASON



SCHEDULE US TIME

Put time on the calendar for connection, just like you do for everything else.



COMMUNICATE DAILY

Check in, share your hearts, and listen well—every single day.



SUPPORT EACH OTHER

You're on the same team. Encourage, serve, and celebrate each other.



REST AND RECHARGE

Protect sleep, take breaks, and ask for help. You can't pour from an empty cup.



KEEP YOUR PROMISE

Be reliable. Do what you say you will do—today, tomorrow, and for a lifetime.



YOUR NEXT STEPS

- ✓ Plan a date or connection time for this week.
- ✓ Talk about one promise you want to be intentional about keeping.
- ✓ Create one rhythm that will help your marriage thrive.
- ✓ Encourage each other this week—you're building something that lasts.
- ✓ Pray together and invite God into your plans.



Strong marriages aren't built in a day. They're built—promise by promise, choice by choice.



THE GOAL: ADULT-TO-ADULT RELATIONSHIP & ENJOYING DEEPER CONNECTION
A marriage built on friendship, respect, shared purpose, and a love that keeps growing.



“The best time to build a strong marriage is before you need one.”

