

TITLE

REWIND, REVERSE, REPEAT

GOALS

- To remember the past year with thanksgiving to the Lord and to look forward to the future with hope

GRAB

What are the 3 things we did last year that we will do again this year?
 What are the 3 things we did last year that we will never do again this year?

GRACE

Read: Jeremiah 29: 11

“For I know well the plans I have in mind for you—(oracle of the LORD)—plans for your welfare and not for woe, so as to give you a future of hope.”

We know that God loves us and has a beautiful plan in our lives. It is also because of this great love that He gave us freewill so that we can choose and decide for ourselves. He desires that through our own choice and actions, we can decide to love Him with all our mind, heart and soul.

In the same way, it is because of our freewill that we are able to decide to love one another. Thus, it is also through our freewill that we can grow in our relationships. We need to understand that the things that we choose to do and not to do have an impact on our lives and on our relationships. Let us then discover (1) the things that hurt and damaged our relationship and (2) the things that we did that brought out the best in us together and. In discovering such, we can start our year right!

GATHER

- How can my spouse help me to stop doing the things that are not helpful in our relationship?
- How can my spouse encourage me to continue doing the things that are helpful in our relationship?

GO FORTH

In your Couple Prayer Time, ask the Lord to help you to bring out the best in your spouse.