



D.R.A.S.H.

My 5 Steps Learning Method

Date: _____

Resource Information:

DISCOVER

Step 1 | Discover the Truth

Among the verses and Biblical perspectives mentioned, which one stands out to you? Why?

REFLECT & MEDITATE

Step 2 | Reflect and Meditate on the Truth

How does the discovered truth relate to you, your marriage, and your relationships with others? Take a moment to meditate on these connections.

APPLY

Step 3 | Apply the Truth

What actions will you take in the coming days based on the truths you discovered and meditated on? Set a meaningful goal that supports your spouse and strengthens your marital relationship.

SHARE

Step 4 / Share the Truth

How and when will you share your insights on the truths you've discovered and meditated on with your spouse or CJ2 Fellows? Sharing can deepen

understanding and foster accountability.

HELP

Step 5 | Help in Navigating the Truth

Identify specific learning points that encourage you to transform conviction into action. In what ways do you need assistance in navigating the journey to

apply these learnings?