



The Marriage Roadmap: Navigating Toward a Stronger Relationship

Men's Retreat 2025



Housekeeping

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The Hope

That you will gain a deep sense of the importance of continued learning as a married Christian, and you will leave with a template you can use daily so you can become more like Christ. That you will recognize early warning signs, make adjustments and know the tools you need for a healthier you in your marriage.

Survey Says – “Things you desire your husband to do more often in your marriage”

Top 4 answers:

1. Plan 1-1 time together as well as vacation
2. Be a shepherd leader of our family with family devotions, church and prayer
3. Speak words of blessing and encouragement to me and the children
4. Listen and engage relationally

Additional: Finances, Active in operations of home, Physically intimate



A Screen Saver

A simple device to remind you do a few things every day

- Remember
- Read
- Pray
- Community
- Bless

1. Remember you are your Father's son

Baptized in the name of the Father, Son and Spirit

“When all the people were being baptized, Jesus was baptized too. And as he was praying, heaven was opened and the Holy Spirit descended on him in bodily form like a dove. And a voice came from heaven: ‘You are my Son, whom I love; with you I am well pleased.’”

— **Luke 3:21–22**

“We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.” — **Romans 6:4–5**

Remember your Baptism

Baptized in the name of the Father, Son and Spirit

Say out loud 3x during the day: **“I am a son of the King!
Because of Jesus He is well pleased.”**

(The world, flesh, and devil are telling you other)

Say it:

- In the shower
- When you come to church
- When you take the Lord's Supper

And remember: your wife is a daughter of the King!

2. Pray as Your Father instructed

Ask Him to help you with temptation

“This, then, is how you should pray:

Our Father in heaven, hallowed be your name,
your kingdom come, your will be done, on earth as it is in heaven.

Give us today our daily bread.

And forgive us our debts, as we also have forgiven our debtors.

And lead us not into temptation but deliver us from the evil one.”

3. Read your Father's 3-page letter

Read through the Bible every year

“The human heart, even the redeemed heart, has an allergy to God. At times we want to avoid God, not only because we want to evade doing His will, but because we retain a slavish fear of Him, springing from unbelief.”

— Richard Lovelace, *Renewal as a Way of Life: A Guidebook for Spiritual Growth*
(Eugene, Or: WIPF and Stock, 2002)

**Sabbath, Giving, Service, The Law, Grace, Forgiveness,
Repentance, Evangelizing etc.**

4. Be in Community as your Father is

Find an older, wiser man. Risk being known.

“The challenge the American Evangelical Church has had to wrestle with is that amidst a culture of individualism, the Bible and its teaching values collectivism. The biblical world was primarily collectivistic.”

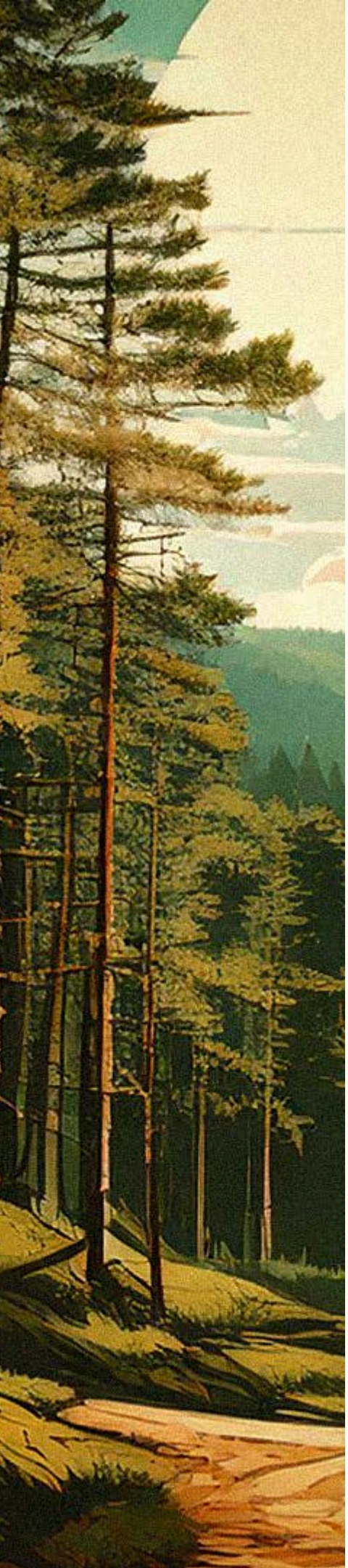
— Dr. Bob Carter, *Individualism and Collectivism*

You need: Abbott, Sponsor, Spiritual Director, Church Membership, Sacraments

5. Bless as Your Father Blesses

With people in the community, kids and wife

- Family meals (and with others)
- Words of blessing to those you know and others
- Serving and sharing
- Gratitude
- Bless those created in His image (Imago Dei)
- Share love of Christ where you can



Beginning of Day Prayer and End of Day Reflection

At the end of the day and week ask if you have...

1. Did I remember my Baptism? Did I speak it?
2. Did I read the Word?
3. Did I pray The Lord's Prayer 3x?
4. Was I in community (known and accountable)?
Did I listen?
5. Did I bless others, serve them, and love them?



Questions

What do I say when my wife asks me how the retreat was?

You say:

“Honey I learned, that I married a daughter of King,
and I am His son.

Because of Jesus He is pleased.

I am going to pray daily, read daily.

I will be known and create a safe space for you to be
known.

I will bless you and the kids daily.”

My Marriage Screen Saver

Cross (Baptism)

Read

Pray

Community

Bless