

One Day Couple's Retreat

As a married couple, you need some time away together from the regular responsibilities of life to focus on where you've been, where you are now, and where you're going. This One Day Couple's Retreat will help you focus on each other and your marriage as you seek God together and make plans for your future. (Depending on your circumstance regarding children, time, money, etc., the following can be compressed or expanded to be tailored to your situation.)

Planning and Preparing Before the Day Arrives

- **Decide on the date and schedule it on your calendar.** If you do not do this, chances are it will never happen. Make it a priority event, so only a true emergency will change it.
- **Determine a location that works best for your finances, life situation, etc.**
- **Make arrangements for someone to care for your children** (if applicable). And if you plan to stay at home for this retreat, make sure they are cared for at another location.
- **Gather all the essentials** so you have what you need for the day. Be sure to include a Bible, pen and paper (to write down your ideas), and whatever else you may need.

The Day of the Retreat

- **Get started with breakfast.** You don't want to begin on an empty stomach. This can be as simple as muffins or bagels. Or maybe you want to spend a little more money and go to a restaurant. Whichever you choose, enjoy this time together.

By the way, don't feel rushed or feel slaves to a schedule. If you want to sleep in, do so. If you spend a lot of time at breakfast talking, etc., that is great.

- **Connect with God by spending time together with Him.** Spending time with God through reading His Word and praying together is an essential way to begin your retreat. It will set the path for your day. You might want to use a devotional or one of our [Couple's Bible Study](#) posts or anything else to help you guide this time.
- **Have a planning session.** During this time, look back at **the past** year, and even further if you like.
 - Pray, asking for God's guidance in this session.
 - Read Psalm 54:6-7: *"I will sacrifice a freewill offering to you; I will praise your name, LORD, for it is good. You have delivered me from all my troubles, and my eyes have looked in triumph on my foes."*
 - Discuss the following questions:
 - (1) What went well this past year? What did we do well? How did God bless us?
 - (2) What didn't go so well? What did we learn? How can we improve?
 - Pray, giving thanks to God for His blessings and for His help during the past year.
- **Take a break,** or break for lunch depending on the time and your preference.

- **Have a second planning session.** During this time, discuss **the present**.
 - Pray, asking for God’s guidance in this session.
 - Read Psalm 46:1-3: *“God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.”*
 - Discuss the following questions:
 - (1) What is our purpose as a couple? (Write 1-3 sentences that describe your purpose.)
 - (2) Why are we here? What has God laid on our hearts?
 - Based on your answers to the above questions, what do you need to change? What steps can you take to make this change?
 - Close this session in prayer, asking God for His leading and wisdom. Thank Him for what He has already revealed to you.
- **Take a break for lunch**, if you have not already done so.
- **Have some fun.** Do something where you can both relax and enjoy one another.
- **Have a third planning session.** During this time, discuss **the future**.
 - Pray, asking for God’s guidance in this session.
 - Read:
 - Psalm 16:5: *“LORD, you alone are my portion and my cup; you make my lot (future – HCSB) secure.”*
 - Proverbs 3:5-6: *“Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”*
 - Proverbs 16:3: *“Commit to the LORD whatever you do, and he will establish your plans.”*
 - Jeremiah 29:11: *“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”*
 - Discuss the following questions:
 - (1) Where should we be headed? What does God want us to be aiming for in life, in our marriage, in our family, in our careers, in our service to Him and others?
 - (2) What means, activities, attitudes and/or actions will help us get where God is leading us? (Write out the ideas you believe God is leading you to follow so you will have them to refer to later.)
 - Close your time with a prayer of commitment. Yield your plans and yourselves to His will. A good passage to use as you pray this is Psalm 37:3-5: *“Trust in the LORD and do good; dwell in the land and enjoy safe pasture. Take delight in the LORD, and he will give you the desires of your heart. Commit your way to the LORD; trust in him and he will do this.”*
- **Enjoy dinner together**, and discuss some things you may want to do in the coming month.
- **Put a few things on your calendar** to do together as a couple in the future. These might include:
 - Some date nights
 - Some “get-aways” or other fun activities
 - Your anniversary and what you’d like to do to celebrate.

- Close the day by doing something fun.

Soon After the Retreat

Once you have completed the retreat, type up your notes and make a copy for each of you to pray about. Discuss the retreat and what you discovered during future *Couple Connect* times. Review and discuss your ideas regularly, so to make certain you make progress in the coming year.

See "[How to Design Your Own Couple Connect](http://simplyoneinmarriage.com)" at simplyoneinmarriage.com for information on how to have a weekly time to connect with each other to discuss what is going on in your life and marriage and to plan for the week ahead.