

HOPE
COUPLES
MINISTRY
RESOURCE



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MINISTRY
THE HOUSE OF HOPE ATLANTA



HOUSE OF HOPE ATLANTA

COUPLES HOTLINE

Invested In Us

TIME • TREASURE • TOGETHERNESS

Where your treasure is, there your heart will be also.

Matthew 6:21



QUESTIONS?!? CONTACT US AT HOPECOUPLESMINISTRY@GTRBC.ORG

PRIORITY

Check

Individually rank each category from 1–10

(1 = highest priority, 10 = lowest priority).

Once you've completed your individual rankings, compare answers with your spouse and work together to create a collaborative ranking.

CATEGORY	HUSBAND'S RANK	WIFE'S RANK	COLLABORATIVE RANK
FRIENDS			
GOD			
SPOUSE			
KIDS			
WORK			
MONEY			
SOCIAL MEDIA			
HOBBIES / SELF CARE			
CHURCH			
EMOTIONAL & MENTAL WELLNESS			

Discuss Together:

1. Which category had the biggest difference between your rankings?
2. Which category receives the most attention in your current season?
3. Which category deserves more intentional investment?
4. What priority has shifted since the beginning of your relationship?
5. What is one adjustment we need to make moving forward?

RELATIONSHIP

Check

Rate Your Relationship

Individually rate each area from 1–10, then compare your answers.

CATEGORY	HUSBAND'S RATING	WIFE'S RATING	GOAL
Communication			
Quality Time			
Emotional Connection			
Conflict Resolution			
Trust			
Financial Unity			
Friendship			
Intimacy			
Spiritual Connection			
Fun & Laughter			

Discuss Together

1. What area received the highest score? _____
2. What area needs the most attention right now? _____
3. What has helped us stay connected recently? _____

4. What has been competing for our attention? _____

FINANCIAL MANAGEMENT

Check

Financial stewardship is more than paying bills. It's about aligning your resources with your values, goals, and vision as a couple.

Financial Temperature Check

Rate each area from 1–5. (1 = *Strongly Disagree* / 5 = *Strongly Agree*)

We communicate openly about money. ____

We agree on financial priorities. ____

We have shared financial goals. ____

We know where our money is going. ____

We make financial decisions as a team. ____

Our Top Financial Priorities

Together, rank your **Top 3** financial goals for the next 12 months:

____ Emergency Fund

____ Retirement

____ Pay Off Debt

____ Giving/Generosity

____ Save for Vacation

____ Family Needs

____ Home Purchase/Improvement

____ Other: _____

____ Education

Conversation Starters

- What financial habit are we most proud of?
- What financial habit needs improvement?
- What financial goal excites us most?
- What money conversation have we been avoiding?
- How can we become better financial teammates?

Financial Commitment

This month, we will take **ONE** action step:

☐ Create a budget

☐ Set a savings goal

☐ Review our spending

☐ Create a debt payoff plan

☐ Start an emergency fund

☐ Meet with a financial advisor

☐ Schedule a money meeting

☐ Other: _____

Stewardship isn't about how much you have. It's about how well you manage what God has entrusted to you.

MENTAL & EMOTIONAL WELLNESS

Check

Let's Go Beyond "I'm Fine". Take turns answering honestly.

Husband:

Lately, I have been feeling:

- ☐ Energized
- ☐ Hopeful
- ☐ Overwhelmed
- ☐ Stressed
- ☐ Burned Out
- ☐ Anxious
- ☐ Discouraged
- ☐ Other: _____

Wife:

Lately, I have been feeling:

- ☐ Energized
- ☐ Hopeful
- ☐ Overwhelmed
- ☐ Stressed
- ☐ Burned Out
- ☐ Anxious
- ☐ Discouraged
- ☐ Other: _____

Discuss Together

- What has been weighing on you lately?
- What has brought you joy recently?
- What support do you need from me right now?
- How can I better protect your peace?
- Are we open to couples counseling to support our mental and emotional wellness?

Reflection

Emotional wellness is not just an individual responsibility. Healthy couples intentionally create space for honesty, support, and grace.

Notes

OUR INVESTMENT

Plan

This Season We Commit To...

One Thing We Will START: _____

One Thing We Will STOP: _____

One Thing We Will PROTECT: _____

One Thing We Will PRAY ABOUT: _____

One Goal We Want To Accomplish Together: _____

One Date Night We Will Schedule Within The Next 30 Days: _____

Final Reflection

Healthy relationships don't happen accidentally. What we intentionally invest in will grow.

WHAT YOU WATER WILL GROW

“Two are better than one... If either of them falls down, one can help the other up.” ~Ecclesiastes 4:9-10

Relationships don't grow accidentally. Healthy relationships require intentional time, honest communication, grace, patience, and stewardship. Just like anything valuable, relationships need consistent care and investment.

Sometimes life becomes busy, stressful, and overwhelming. Responsibilities compete for attention, emotions go unspoken, and connection can slowly drift. But stewardship in relationships means recognizing what matters most and choosing to nurture it intentionally.

This month's Hotline reminds us that investing in “us” means more than finances. It means protecting togetherness, prioritizing emotional wellness, making time for connection, and choosing each other again and again.

Healthy relationships are built through consistent deposits:

- Communication
- Presence
- Grace
- Prayer
- Support
- Intentionality

What you water will grow. Continue investing wisely.

Prayer

Lord, help us to intentionally steward our relationship with wisdom, patience, love, and grace. Teach us to protect our connection, communicate honestly, and support one another well through every season. Help us to continue investing in what matters most. Amen.

COUPLE'S RESOURCES

SCAN THE QR CODE TO
RECEIVE TONIGHT'S
RESOURCES

