Session 01.01 - Marriage - How to Build It to Last

Lab: Marriage - How to Build It to Last
Date: 06/10/2026
Room: Downstairs Poolside
Facilitator: Rachelle Neal
Approximate number of participants: 12

1. Purpose of today's session

This session looked at the current status of marriages in Europe today. Then we considered some practical, grace-filled rhythms for strengthening our own marriages and helping couples in our churches build relationships that last.

2. Starting point

God designed marriage as a sacred covenant between husband, wife, and God. Yet even committed couples can lose connection as life and ministry change around them.

3. Key insights

- Marriage is a sacred promise before God to choose daily, intentional love and commitment.
- Strong marriages grow when both spouses combine spiritual intention with practical habits.
- Church can play a key role in helping strengthen marriages

4. Challenges identified

- World sees marriage as a contract not covenant
- Our marriages can become shaky when circumstances around us or within our marriage change or when we simply stop putting in the work.
- People don't necessarily have good models of marriage to look to.

5. Ideas and possible solutions

- 4 grace-fill practices for couples:
    - Choose your posture before God and your spouse
    - Make time for connection and communication
    - Make space for each other within the marriage, as well as outside of the marriage

    - Adjust as you pass through the seasons of life or when circumstances change

- Heed warning signs within our marriages - stop to invest in strengthening the marriage
- As spiritual shepherds be on your guard and protect your marriages; invited trusted accountability
- Pre-marital counseling could help new couples understand marriage as a covenant and be better prepared for marriage.
- Welcoming couples to be around and watch our marriages as models (mentoring)
- Small groups for couples where they can discuss marriage book or marriage in general to grow in understanding within community

6. Examples, projects and useful resources

- **Marriage Week International**
- **Book called Marriage - God's Intent and Design (https://marriagedesign.xyz/)**

7. Three key takeaways

1. We need to invest in our marriages. They are a strong witness to those around us.
2. We (the church) can help couples build their marriage with Christ as the foundation, starting with pre-marital counseling and then other times that are focused on equipping them with simple tools to strengthen their marriages..
3. Hospitality and inviting other couples into our lives is key for helping them in their marriages by modeling for them.