

Talking Points

Reconciliation Plan for Success

Having a written reconciliation plan for moving back into the home with your spouse is crucial so you don't fall into the same past traps in your relationship. Things can seem okay, or maybe you're each just tolerating each other; however, this will NOT weather the long haul of a long-term marriage. Often there are still some major underlying unresolved issues. Having a written plan of reconciliation will help you and your wife avoid the same traps in dealing with unresolved issues.

Again, it will be very important to have a written plan of reconciliation prior to moving back in the home if you can. It will be a great help to you to have this plan reviewed by a trusted pastor, lay counselor, joint or individual counselors and trusted Christ-like accountability men around you. They can help you check for flaws in your plan prior to moving back into the home. Before you finalize your plan, get your wife's input and feedback. Hopefully, you can both be in agreement with the plan, as you try to be pro-active with God leading the family back together.

This may be a very delicate operation, where you are trying not to be controlling at all. Hopefully, it will be a situation where you are requested by your wife to come home. Possibly through joint / individual counseling sessions or input from your local pastor, you both will agree that it's in the best interest of you, your wife, and your marriage for you to move back into the home.

Don't wait...write down some positive, practical steps that you can begin today.

To the degree possible, a written plan of reconciliation should include the following:

- 1) Christ-centered couples counseling for a period of six to twelve months.
- 2) Individual Christ-centered counseling for a period of six to twelve months.
- 3) A men's support group or Bible study in your local Christian-based church.
- 4) Pick a safe Godly accountability couple to meet with once a month to review your progress.
- 5) A couple's bible study on a regular basis, where you both can pick up support as needed.
- 6) A weekly date night, (no kids if possible) where you replenish and just enjoy each other.
- 7) Review weekly relational issues in a specific quiet place at a specific time, (pick a room or quiet place which has no history of disagreements). This can be a time where you both are clear-headed and both have their "*adults on board*" so to speak.
- 8) Attend a weekly local Christ-centered church service, (if possible, not an internet service, rather a service where you both are there in person to absorb the full experience of a live service).
- 9) Attend a recovery support group like Celebrate Recovery (CR), for a period of six months or maybe this is a permanent requirement if one or both have deep seated root issues, (possible drugs, alcohol, or sexual addiction, co-dependence issues), which can heal only with continual Godly and community support.
- 10) A daily quiet time is a life-saver as you seek-out God's peace, protection, and wisdom.
- 11) Pray individually, jointly and as a family, (know prayer is your most valuable weapon in weeks to follow).
- 12) Attend any Christ-centered seminars, or growth tools you happen to run across.
- 13) Learn the habit of tithing back to your local Christian-center church you attend as a member.

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- 14) The “Reconciliation Plan for Success” is to be signed, dated and witnessed by your accountability couple.
- 15) Review your written “Reconciliation Plan for Success” periodically to check your progress, (Know you will have set backs, however know that two steps forward, one back is still progress and with God in your boat it’s so much easier than keeping the false image that you have it all together!).

As we have mentioned several times, if your “Reconciliation Plan for Success” is written in detail, signed, dated, witnessed and reviewed by both parties, this will help you stay on target and in line with what a Christ-centered marriage is intended to be. Know you are also showing to your wife how important she is to you and how important your marriage is to you.

If you plan for success, you will succeed. Again, you may have ups and downs carrying out your plan and may have to adjust the plan from time to time; that’s okay. Strive for clarity in your plan, having accountability for both parties in your plan, with other Godly couples that you can model your marriage after which you can meet with occasionally to help keep you on track.

As you follow through on your plan, you and your wife will get into the rhythms of the plan and build strong traits. Know if you can taste it, smell it, feel it, you can implement these strong traits into your marriage, as you plan and review for success, while being encouraged by others. If a family member, neighbor or family friend(s) is a deterrent to your success, maybe you should limit your exposure to them in this important season of recovery.

As we have said several times, having strong forms of accountability built into your “Reconciliation Plan for Success” will help keep your marriage on track in the weeks and months to follow. Striving not to return to your old character habits or behaviors, which may have contributed to your original marital issues. Strive to continue to hear your wife, feel her frustrations, focus on being emotionally present one day at a time, with a positive attitude.

Key Verses to Reflect and Marinate On

God’s Guidelines for Wives and Husbands---Ephesians 5:25-33 (NIV) *“Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church—for we are members of his body. “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” This is a profound mystery—but I am talking about Christ and the church. However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.”*

Unity in the body of Christ—Ephesians 4:2-6 (NIV) *“Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.”*

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Unity in the body of Christ—Ephesians 4:14-17 (NIV) *“Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.”*

Serving Your Spouse—Ephesians 6: 7-8a (NIV) *“Serve wholeheartedly, as if you were serving the Lord, not people, because you know that the Lord will reward each one for whatever good they do,.....”*

The Armor of God—Ephesians 6: 10-19 (NIV) *“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the power of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit which is the word of God.”*

“And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people. Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel.”

Forgiveness to Others ---Matthew 6:14-15 (NIV) *“For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.”*

Judging Others ---Matthew 7:1-3 (NIV) *“Do not judge, or you too will be judged. For in the same way, you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye?”*

Ask, Seek and Knock ---Matthew 7:7-8 (NIV) *“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.”*

Building Your House on a Solid Foundation ---Matthew 7:24-27 (NIV) *“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.”*

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Focus On God ---Matthew 6:33 (NIV) *“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”*

Wisdom Be-Stows Well-Being ---Proverbs 3:5-14 (NIV) *“My son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you peace and prosperity. Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man”.*

“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. Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones.”

“Honor the LORD with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine. My son, do not despise the LORD’s discipline, and do not resent his rebuke, because the LORD disciplines those he loves, as a father the son he delights in. Blessed are those who find wisdom, those who gain understanding, for she is more profitable than silver and yields better returns than gold.”

List below a few practical actions steps you can begin today.
