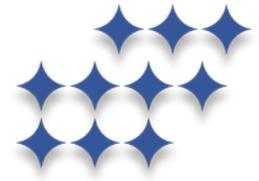


MARRIAGE NIGHT

VISION RETREAT
WORKBOOK

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Introduction

Dear Couples,

We created this guidebook because we believe vision is essential to a healthy, thriving marriage. Scripture reminds us that “where there is no vision, people perish,” and that truth applies not only to individuals, but to marriages and families as well. Vision gives direction. Vision brings alignment. Vision helps you move forward together instead of drifting apart.

Marriage doesn't thrive by accident. It thrives through intentional rhythms. A vision retreat is one of those rhythms. It creates space to slow down, listen to God, talk honestly with one another, and realign your hearts around what matters most. Our hope is that this guidebook would help you do just that.

This isn't meant to be a one-time exercise. In fact, we encourage you to make a marriage vision retreat a yearly rhythm. As seasons change, your marriage grows, your family evolves, and your responsibilities shift, it's important to pause and ask: Where are we now? Where is God leading us next? And how do we get there together?

As you work through these pages, our prayer is that you would experience clarity, connection, and renewed unity. More than anything, we pray you would encounter God and invite Him to shape the future of your marriage.

We're cheering you on and believing the best is ahead!

With love and faith in your marriage,

Pastors Jason & Caroline Hitte

Frequently Asked Questions

Do we have to get away, or can we do this at home?

Where you “retreat” matters less than creating space. While it’s possible to do a vision retreat at home, we’ve found that it’s often difficult to fully engage when surrounded by everyday distractions: kids, household tasks, work responsibilities, and routines that pull your attention away.

By definition, a retreat is a period of time intentionally removed from familiar activities or surroundings. You don’t have to travel far, but even getting away locally can help you feel more present, focused and connected.

If this isn’t an option for your current season of life, you can also work through these questions at home or somewhere local like a coffee shop or park.

Does a vision retreat need to be expensive?

Not at all. A vision retreat doesn’t have to be luxurious (unless you want it to be!). This could look like a weekend at a nearby hotel, a simple Airbnb in town, or even a day trip to a quiet place close to home.

The most important elements are being alone together, creating space to listen to God, and having meaningful conversations without distraction.

How long should a vision retreat be?

We recommend 2–3 days if possible. This allows you to fully engage the content, spread out your conversations, rest, have fun, and genuinely reconnect with your spouse.

That said, meaningful progress can absolutely happen in a single day. Any amount of time you can intentionally set aside is better than none at all.

Should we bring our children?

We recommend that this vision retreat be just you and your spouse. One of the best things you can do for your children is to cultivate a strong, healthy marriage.

This time is about focusing fully on one another, your relationship, your vision, and your future together.

Should we plan fun activities during the retreat?

Absolutely! We strongly encourage it.

Be as active or relaxed as you'd like. Plan moments to rest, explore, laugh, and enjoy one another. Recreation and entertainment are important parts of connecting and refreshing your marriage.

What should we bring with us?

Be sure to bring:

- Your Bible
- This workbook
- Something to write with

More than anything, come with anticipation, trusting that God will meet you on your retreat and move in your hearts as you seek Him together.

What if we don't agree on everything right away?

Alignment doesn't mean instant agreement. This retreat is about starting honest conversations, listening well, and taking steps toward unity; not having everything perfectly figured out.

What if this feels awkward or uncomfortable at first?

That's normal. Meaningful conversations often start outside our comfort zones. Give yourselves grace, take breaks when needed, and stay committed to the process.

What if we're in a hard season of marriage?

This guidebook is for every season. Whether you're feeling strong or struggling, vision can bring hope, clarity, and direction. If deeper issues surface, we encourage you to seek wise counsel and support.

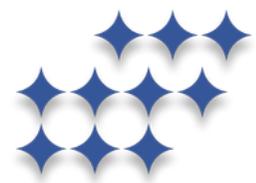
How often should we do a vision retreat?

We recommend doing a vision retreat once a year and walking through this booklet together annually. Setting aside intentional time each year helps you realign your marriage, revisit shared goals, and stay unified as seasons change.

To make this easy, there is a digital version of this workbook available that you can access by scanning the QR code at the back of this book. This allows you to revisit these questions and conversations year after year.

In addition to an annual retreat, we encourage you to continue connecting throughout the year on the things you discuss during this time. Included as an additional resource in the back of this book is a Weekly and Quarterly Check-In Guide designed to help you maintain healthy communication, track progress on your goals, and keep prioritizing your marriage all year long.

Remember, vision isn't a one-time conversation. It's an on-going rhythm that strengthens your marriage over time.



Preparing for Your Vision Retreat

Before you even pack a bag or choose a location, the most important preparation happens in your heart. A marriage vision retreat isn't just about planning for the future, it's about inviting God into the process and allowing Him to shape, heal, and align your relationship.

Pray

In the days and weeks leading up to your vision retreat, intentionally spend time praying both individually and together.

Ask God to:

- Prepare your heart for this time away
- Help you surrender expectations, assumptions, and defensiveness
- Reveal areas where your relationship can grow stronger
- Give you clarity, humility, and unity

As you pray, invite God to search your heart and gently point out areas where growth is needed. This isn't about blame or shame it's about awareness, healing, and growth.

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

– Psalm 139:23-24 NIV

Reflect

As you pray and prepare, begin to reflect honestly on your marriage. Use the space below to write down what God brings to mind.

Personal growth areas to consider:

- Communication
- Listening
- Respect
- Patience
- Romance and affection
- Trust
- Managing conflict

What are some things I personally need to work on?

Him: _____

Her: _____

Relationship needs to consider:

- More intentional date nights
- More quality time together
- Deeper conversations
- Better rhythms of rest and fun
- Clearer expectations

What does our relationship need more of right now?

Him: _____

Her: _____

Unresolved conflicts or conversations:

Him: _____

Her: _____

Some topics are easy to avoid but important to address. As you prepare, ask God to help you name these areas with honesty and grace.

Get Ready

As you head into your vision retreat, know this: meaningful progress requires communication. You'll be invited to share honestly and listen intentionally. This takes courage, humility, and grace from both of you.

Go into this retreat committed to:

- Honesty over avoidance
- Listening over defending
- Unity over being right

This is a safe space to grow together.

Sharing your heart can feel vulnerable.

These tips can help you communicate openly and lovingly:

- Speak from your own experience using “I” statements rather than placing blame
- Be specific, not general (avoid words like “always” or “never”)
- Share feelings as well as facts
- Stay focused on the topic at hand
- Take breaks if emotions begin to overwhelm the conversation

Example:

Instead of this:

“You never make time for me and you’ve let the distance grow between us.”

Try this:

“I feel disconnected when we don’t have time together, and I miss being close to you.”

Responding Well

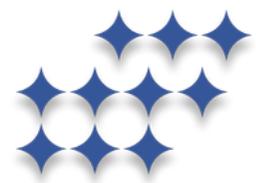
How you respond matters just as much as how you share. Listening well creates safety and builds trust.

- Listen to understand, not to prepare a response
- Resist the urge to interrupt, correct, or defend
- Acknowledge what your spouse is sharing, even if you don't fully agree
- Ask clarifying questions with curiosity, not accusation
- Thank your spouse for being honest and vulnerable

Helpful responses might sound like:

- “Thank you for telling me that.”
- “I didn't realize you felt that way.”
- “Help me understand more.”

Remember, the goal isn't to win a conversation, it's to strengthen your marriage.



Phase One

Where Are We Now?

Before you can clearly define where you're going, it's important to honestly assess where you are. This section is about awareness, not judgment. It creates space to celebrate what's going well, acknowledge areas of tension or growth, and begin meaningful conversations about your marriage today.

Approach this section with grace, humility, and curiosity. The goal isn't perfection; it's alignment. Take your time, write honestly, and listen carefully to one another.

Start With Gratitude

Begin on a positive note. Gratitude softens hearts and reminds us that even in challenging seasons, there is good to celebrate.

Choose one spouse to go first. Take a moment to write down something positive your spouse has done for you in the past few days—big or small. Then share it out loud with one another.

What is something positive your spouse has done for you recently?

Love & Appreciation

Take time to reflect on what you love and appreciate most about your spouse. These are often the very things that first drew you together.

Each of you should write down five things you love or deeply appreciate about the other.

What I Love & Appreciate About Him:

1. _____

2. _____

3. _____

4. _____

5. _____

What I Love & Appreciate About Her:

1. _____

2. _____

3. _____

4. _____

5. _____

Intimacy Check-In

Intimacy in marriage goes beyond the physical; it includes emotional connection, spiritual unity, and feeling known and valued by one another.

On a scale of 1–10, rate the current level of intimacy in your marriage.

- 10 = deeply connected and intimate
- 1 = distant or disconnected

Her rating: _____

His rating: _____

After you both share your ratings, discuss the following:

What are practical things we could do to increase intimacy in our marriage overall?

Examples you may consider:

- Scheduling intentional time together
- Praying together regularly
- Having deeper, distraction-free conversations
- Increasing physical affection
- Prioritizing date nights

Parenting Challenges

There is no such thing as a perfect parent. Even in the healthiest marriages, parenting can be challenging. Children naturally push boundaries, and when they do, it's essential that you are aligned as parents.

This section is about understanding each other's perspectives and working toward unity especially around discipline and expectations. Begin by sharing individual thoughts, then work toward a united response.

Parenting issue or challenge:

(Example: Our daughter breaks curfew)

Our united response:

(Example: Suspend driving privileges for a set period of time)

Financial Challenges

Money is one of the most common sources of disagreement in marriage. It's also common for one spouse to naturally lean toward saving while the other leans toward spending. Neither is wrong but alignment is essential.

Honest, grace-filled conversations about finances help build trust and reduce conflict.

Financial Reflection (each answer the questions below)

Her

When I think about our finances, I feel:

My financial strengths are:

My financial weaknesses are:

Him

When I think about our finances, I feel:

My financial strengths are:

My financial weaknesses are:

Now look ahead to the coming year.

Potential financial challenges we may face:

We will prepare by:

Relationship Needs & Challenges

Men and women often experience and express needs differently.
Scripture reminds us of this dynamic:

“However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.” – Ephesians 5:33 NIV

In general, men are wired with a deep need for respect, while women are wired with a deep need for love. When these needs are met, marriages tend to flourish.

Showing Respect & Love

Husband: List three or more ways your wife can show you respect.

1. _____

2. _____

3. _____

Wife: List three or more ways your husband can show you love.

1. _____

2. _____

3. _____

Priority & Sacrifice

One of the greatest ways we demonstrate love in marriage is through sacrifice. When we choose to prioritize our spouse, even when it costs us something, we reflect Christ's love and build trust and security in our relationship.

Sacrifice doesn't always mean something dramatic. Often, it looks like giving up comfort, convenience, or personal preferences for the sake of connection.

Prioritizing One Another

One way I can prioritize my spouse is to:

(Example: Do more weekend activities together)

Him:

Her:

To do this, I am willing to sacrifice:

(Example: One round of golf per month)

Him:

Her:

Emotional & Relational Check-Ins

To deepen your understanding of your marriage in this season, these additional prompts give space to reflect on emotional health, stress, conflict, and unsaid thoughts. You can complete them individually, then share with your spouse.

Emotional Health Check

- Lately, I have felt most connected to you when:

Him: _____

Her: _____

- Lately, I have felt most distant when:

Him: _____

Her: _____

- Right now, my emotional tank feels:

Him:

- Full
- Mostly full
- Neutral
- Running low
- Empty

Her:

- Full
- Mostly full
- Neutral
- Running low
- Empty

- One thing that would help me feel more emotionally supported right now is:

Him: _____

Her: _____

Current Stressors

Reflect on what is weighing on you both in this season:

- Work or career pressures:
- Family or parenting stress:
- Health concerns:
- Financial pressure:
- Ministry or commitments:
- Other: _____

- How does stress show up in our marriage right now?

- How can we limit this stress?

- How can we support each other better in this season?

Conflict Style Reflection

Understanding how each of you approaches conflict can help you communicate more effectively.

Check which statements describe you most often:

Him: I avoid conflict

I get defensive

I want to talk immediately

I shut down

I get emotional

I get logical

I need time to process

Her: I avoid conflict

I get defensive

I want to talk immediately

I shut down

I get emotional

I get logical

I need time to process

What do you need from your spouse when conflict arises?

Him: _____

Her: _____

What's Been Left Unsaid

Sometimes the biggest obstacles to connection are the conversations we've been avoiding. Use this space to write:

- Things you've been hesitant to bring up:

Him: _____

Her: _____

- Feelings you haven't known how to express:

Him: _____

Her: _____

- Questions you've been carrying:

Him: _____

Her: _____

(You don't have to share everything right away. Let this be a starting point for honest conversation.)

Closing Prayer for This Section

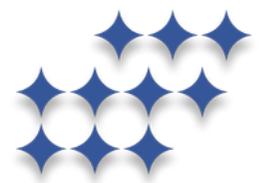
God, thank You for meeting us where we are. Give us grace for what we see and hope for what's ahead. Help us move forward with honesty, humility, and unity. Align our hearts with Yours and with each other. Amen.

Phase Two

Where Are We Going?

God has a purpose for your marriage. There is a reason He brought you together, and His plan is bigger than just the two of you. To move forward in unity, it's important to agree on your destination and intentionally define the vision for your marriage and family.

Begin this session with prayer, asking God to reveal His purpose for your marriage and to guide your conversations as you discern your shared direction.



Family Vision

Take some time to reflect and discuss the bigger picture of what God has called you to accomplish together as a couple and as a family.

What do you believe God has called us to do together?

Examples: Serve together on a church team, host a small group, volunteer in the community, support a local ministry, mentor other couples, cultivate a home of hospitality

Why do you think God put us together?

When hard times come, how will our understanding of this purpose help us stay united?

What has God called us to accomplish in the coming year to further His purpose?

As a couple: _____

Him individually: _____

Her individually: _____

If someone were describing our marriage, what words would we want them to use?

Family Values

Your values are the beliefs that guide your decisions, shape your home, and communicate to your children and others what matters most.

What are the most deeply held beliefs or values in our family?

Examples: Jesus is the hope of the world, treat everyone with kindness, practice gratitude daily, pursue generosity, prioritize love and forgiveness

In what ways does our family excel?

Examples: Making others feel welcome, celebrating milestones together, showing generosity, creating traditions that bring joy

Each spouse: list three ways you would want someone to describe the atmosphere of your home or family.

Him: _____

Her: _____

Are there specific changes we can make to cultivate that atmosphere?

Example: Talk more often with our kids about the things we value, model generosity, create consistent family routines

Children & Grandchildren

When our children are grown, what kind of memories of family life do we want them to hold dear?

What specifically do we need to change, add, or eliminate in our lives to produce those memories?

Spiritual Development:

What would we like to teach our children?

Example: Prayer is effective, always pray for each other, serve others, rely on God in daily life

Parenting as a Team:

What should discipline look like as we parent together?

How can we operate as a united team in our parenting decisions?

Closing Prayer for This Section

God, thank You for the vision You've placed on our marriage and family. Thank You for the way You have guided our conversations and helped us name what matters most. We acknowledge that You brought us together on purpose, and we trust that our future is held in Your hands.

As we move forward, help us stay aligned with Your will and united in heart and direction. Strengthen our commitment to walk in love, humility, and faith. When challenges come, remind us of the purpose You've given our marriage and help us choose unity, grace, and perseverance. We commit our plans, our family, and our future to You. Lead us as we take the next steps together. Amen.

Phase Three

How Will We Get There?

You've had deep, meaningful conversations about your marriage, your family, and the legacy you want to leave. Now it's time to turn that reflection into action. In this section, you'll write down concrete goals and the steps you will take to move your marriage forward toward greater intimacy, alignment, and purpose.

This is where vision becomes action. Take your time, pray together, and be honest about what will truly move you forward.

Spiritual Life: Marriage & Family

Vision / Goal:

Example: Constantly seek God's will for our marriage

Actions to Take:

Example: Pray together every night before bed

Vision / Goal: _____

Actions: _____

Vision / Goal: _____

Actions: _____

SPIRITUAL LIFE

<p>HIM Goals:</p> <hr/>	<p>HIM Actions to take:</p> <hr/>
<p>HER Goals:</p>	<p>HER Actions to take:</p>

SERVING OTHERS TOGETHER

<p>Vision / Goal <i>Example: Serve as a couple in a ministry every month</i></p>	<p>Actions to take:</p>
---	--------------------------------

ROMANCE & SEXUAL INTIMACY

Vision / Goal

Example: Improve our sex life and emotional closeness

Actions to take:

Example: Schedule intimate time on the calendar

FINANCES

Vision / Goal

Example: Build up emergency fund

Actions to take:

Example: Set up automatic transfer of \$200/month to savings

WORK & CAREER

HIM

Goals:

HIM

Actions to take:

HER

Goals:

HER

Actions to take:

FAMILY CULTURE & HOME LIFE

Vision / Goal

Example: Eat together more as a family

Actions to take:

Example: Thursday night is always family dinner night

EXTENDED FAMILY RELATIONSHIPS

Vision / Goal

Example: Ensure children develop relationship with grandparents

Actions to take:

Example: Weekly FaceTime with grandparents

FRIENDSHIPS

Vision / Goal

Actions to take:

HEALTH

HIM

Goals:

HIM

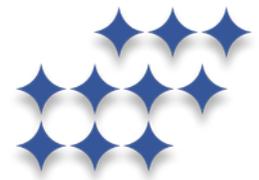
Actions to take:

HER

Goals:

HER

Actions to take:



CHILDREN

Child's Name:

Dream / Vision

Example: That she'll be a strong, confident woman of faith

Prayer

Example: Lord, help our daughter know Your love and have courage to share it with her friends at school

Our Role / Action to Take:

Example: Weekly check-in about social media use, discuss any issues in her friend group

Child's Name:

Dream / Vision

Prayer

Our Role / Action to Take:

Child's Name:

Dream / Vision	Prayer

Our Role / Action to Take: _____

Child's Name:

Dream / Vision	Prayer

Our Role / Action to Take: _____

Child's Name:

Dream / Vision	Prayer

Our Role / Action to Take: _____

Child's Name:

Dream / Vision	Prayer

Our Role / Action to Take: _____

OTHER VISIONS & GOALS

Vision / Goal	Actions to take:

Vision / Goal	Actions to take:

Vision / Goal	Actions to take:

Celebration Milestones

Celebrating milestones strengthens your marriage and family, reinforces your vision, and reminds you of God’s faithfulness. Plan intentional celebrations for accomplishments, growth, or key moments.

Examples of Celebration Milestones:

- Anniversaries (monthly, yearly, milestone years)
- Completion of a family project or goal
- Achieving financial goals (savings, debt payoff, etc.)
- Spiritual growth moments (baptisms, serving together, prayer milestones)
- Personal or relationship achievements (promotion, completed courses, personal growth)

Our planned celebration milestones for this year:

1. _____

2. _____

3. _____

You Did It!

Vision Retreat

Complete

Congratulations on completing your vision retreat. We hope this time away, the conversations you shared, and the questions you've worked through have strengthened your connection and given you greater clarity for the season ahead. Creating space to slow down, listen, pray, and dream together is no small thing and choosing to do so is a powerful investment in your marriage.

More than filling out pages, our hope is that this retreat helped you:

- Feel more aligned and unified as a couple
- Understand one another more deeply
- Gain renewed vision for your marriage and family
- Walk away encouraged, hopeful, and moving forward together

Remember, the goal isn't perfection, it's intentionality. Healthy marriages are built when couples continue choosing one another, even in the middle of busy schedules and changing seasons.

Closing Prayer

Take a moment to pray together before ending your vision retreat. One of you may choose to pray aloud, or you may take turns. Use the prayer below as a guide, or pray in your own words.

God, thank You for the gift of our marriage. Thank You for this time to slow down, reflect, and seek You together. We invite You into every part of our relationship, our communication, our decisions, our family, and our future. Help us stay unified, humble, and intentional as we move forward. Give us grace in difficult moments, wisdom in our choices, and joy as we grow together. We trust You with our marriage and commit to pursuing Your purpose, together. Amen.

Make This a Yearly Rhythm

We encourage you to make this vision retreat an annual tradition in your marriage. Seasons change, priorities shift, and growth requires recalibration. Revisiting these conversations each year allows you to stay aligned and intentional as you move forward together.

You can scan the QR code to access a digital version of this Vision Retreat Workbook, making it easy to return to these questions year after year.

Our prayer is that your marriage continues to grow stronger, deeper, and more unified as you pursue God's purpose together.

Keep the Conversation Going

Communication doesn't stop here. Now that you've identified vision, goals, and next steps for your marriage and family, the most important thing you can do is continue checking in with one another.

To help you do that, we've included two simple tools at the back of this workbook:

Weekly Check-In Guide

A short, intentional conversation designed to help you stay connected, communicate openly, and support one another week by week. Use this time to celebrate wins, address small tensions before they grow, and pray together.

Quarterly Check-In Guide

A deeper conversation to revisit your goals, evaluate progress, and adjust vision as needed. This is a time to reflect on what's working, what needs attention, and where God may be leading you next.

These check-ins help turn vision into a rhythm; one that keeps your marriage growing throughout the year, not just during a retreat.

Digital Vision Retreat Workbook



Weekly Marriage Check-In

Use this worksheet once a week to stay connected, aligned, and proactive in your communication. This doesn't need to be long, consistency matters more than perfection. Choose a regular time each week and protect it.

Start with Gratitude

One thing I appreciated about you this week:

Him: _____

Her: _____

Looking Back on the Week

The two best things from last week:

1. _____

2. _____

Areas of improvement or recent frustrations:

Household & Logistics

Household needs / to-dos: _____

Grocery list / meal prep needs: _____

Budget check-in (anything to note?): _____

Schedules & Planning

Our schedules this week (work, kids, activities):

Kids' schedules / needs to know:

Communication & Connection

Need to know:

Want to do:

Goals for this week (personal, marriage, family):

Looking Ahead

What are you most looking forward to this week?

Him: _____

Her: _____

Quarterly Marriage Check-In

Use this worksheet every three months to slow down, reflect, and realign your vision. This is a deeper conversation meant to celebrate progress, address challenges, and intentionally plan for the season ahead.

Review the Past Quarter

Big wins to celebrate:

Goals we hit or made progress on:

Overnight date or quality time highlights:

Areas of improvement:

Overall, how did this quarter go? (1-10):

Rating: _____

Why: _____

Spiritual & Emotional Check-In

How are we doing spiritually as a couple?

How are we doing emotionally and relationally?

Planning for the Next Quarter

Review the calendar (upcoming trips, busy seasons, commitments):

Date nights or time away to plan:

Family plans or traditions:

Goals for the next quarter (marriage, family, finances, health, work):

Projects or priorities for our children:

Fun things we want to plan or look forward to:

Goals for the next quarter (marriage, family, finances, health, work):

Projects or priorities for our children:

Fun things we want to plan or look forward to:

Prayer & Commitment

One thing we want to pray about together this quarter:

One intentional step we are committing to take:

Additional Marriage Resources



Lakeside
CHURCH