



THE WHITBY FOUNDATION

THE SEVEN C'S

A Weekly Marriage Meeting Guide

A practical marriage meeting worksheet

WEEKLY COVENANT STEWARDSHIP

MEETING PURPOSE

Speak truthfully, listen without interrupting, and remember that this is a time for covenant care, not a performance review. The suggested 60-minute rhythm is flexible. Complex issues may require a separate conversation.

MAKING FAMILIES STRONGER

The Seven C's: A Weekly Marriage Meeting Guide

Week of: _____ Meeting time: _____

Begin with Grace

Speak truthfully, listen without interrupting, and remember that this is a time for covenant care, not a performance review. The suggested 60-minute rhythm is flexible. Complex issues may require a separate conversation.

C1. Christ | 10 minutes

Our walk with Christ and prayer for one another

Where have you seen God at work? What prayer or support is needed?

Confession and Repentance | within Christ and Conflict

Where there has been wrongdoing, name your own action, ask forgiveness, and identify a changed response. Do not require a confession when there is nothing specific to confess.

C2. Conflict | 15 minutes

Truthful repair, not an argument to win

What remains unresolved? What do we each own? What is the next step or follow-up time?

C3. Connection | 10 minutes

Friendship, care, affection, and feeling known

Have we felt connected? What do you need from me this week?

This Week's Shared Life

C4. Children | 10 minutes

Consider each child's needs and one discipleship priority

Who needs attention or encouragement? What decision requires unity?

C5. Chores | 5 minutes

Agree on what needs doing, who owns it, and when it will be done.

Task	Owner	By when

C6. Calendar | 5 minutes

Check appointments, work, church, family time, and rest. Record decisions that affect both spouses.

Commitment or conflict	When	Action

C7. Cash | 5 minutes

Bills, spending, saving, giving, and pending decisions

What changed? What needs agreement or follow-through?

Agreements and Closing Prayer

List up to three clear actions; carry unfinished significant conversations into a separate time.

Our commitment	Who	When

One thing I appreciate about you this week:

Pray together: Ask Christ for wisdom, humility, faithful follow-through, and love.