

# **Marriage Coaching Covenant**

## **1. Purpose of the Covenant**

We, the undersigned, commit to engaging in marriage coaching with the intention of strengthening our relationship, deepening emotional and spiritual intimacy, and pursuing personal and relational growth under God's guidance.

Also, we seek to do the same for the couples God provides for us to coach.

## **2. Commitments of the Coaches**

We agree to:

- **Honor the coaching process** by attending scheduled sessions and completing any assignments or reflections. Share what you have learned, be very careful to go rogue.
- **Communicate openly and respectfully**, even when discussing difficult topics.
- **Invite God into our journey**, through prayer, Scripture reflection, and spiritual practices.
- **Apply insights and tools** provided during coaching to our daily lives.
- **Take personal responsibility** for our growth, avoiding blame and embracing humility.

## **3. Contexts of the Coaches**

As coaches, I commit to:

- Providing a safe, confidential, and grace-filled environment.
- Offering biblically grounded guidance and practical tools.
- Listening deeply and asking thoughtful questions to foster clarity and transformation.
- Supporting your goals with structured frameworks and accountability.
- Praying for and with you as led.

## **4. Session Structure**

- Frequency: At Least Monthly
- Duration: 45–90 minutes

- Format: In-person, Zoom, etc. You need to see the couple in order to see body language.
- Homework: Marital reflective questions, marital skills exercises, Scripture meditations, etc.

## **5. Confidentiality**

All conversations will remain confidential unless disclosure is required by law or necessary for safety. This includes if a person openly states they want to hurt themselves or others.

## **6. Duration and Review**

This covenant is valid for one year, after which we will review progress and determine next steps.

## **7. Signatures**

We affirm our commitment to this covenant and to each other's growth as coaches.

### **Coaches:**

- Name: \_\_\_\_\_ Date: \_\_\_\_\_
- Name: \_\_\_\_\_ Date: \_\_\_\_\_

### **Reviewer:**

- Name: \_\_\_\_\_ Date: \_\_\_\_\_