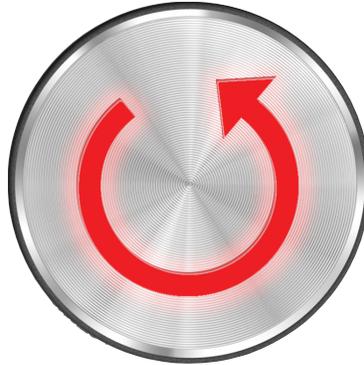


**Hit Your Life's Reset Button**  
**Discussion Guide for Couples**  
By Marc V. Lopez



**Our Time.** These discussion statements may be used for daily couple sharing. Some couples call it “Our Time”, “Daily Dialogue”. In their book *On Becoming Childwise*, authors Gary Ezzo and Dr. Robert Bucknam, call it “Couch Time”.

For 10 to 15 minutes, daily, if you have kids, ideally when they are still awake, you both sit on a couch to share your feelings, in a loving way. The rule is they can't disturb you. The message is: “For the next 15 minutes, Dad wants mom, all to himself.” Behind it is a more important message: Dad and Mom love each other. The authors point out: “The most basic need of every child is to know his world is stable. Every child needs a daily dose of confidence that dad and mom love each other.”

**How It Will Bless You.** It has two wonderful benefits:

1. You give your child/ren a daily dose of confidence!
2. If you don't have kids, when you practice “Our Time” you get a chance to rediscover your best friend everyday!
3. Each day you share your feelings lovingly you grow in intimacy, strengthening the foundations of your marriage to make it last a life time!

**How does it work?** Share your feelings. Feelings are neither right nor wrong. What we do with them makes it “right” or “wrong”. You can begin by writing love letters as a response to the statements for the day. Take turns to read your letters. Then take time to ask questions or expound your sharing. Or you can simply share without writing.

Remember share your feelings NOT your thoughts. If you can substitute the word “I think” for “I feel” in your sentence, your sharing a thought, not a feeling.

Choose one statement a day...

### **Remember Who You Are**

#### **What You See is What You Get**

Read and Reflect on 1 John 3:1. Read Chapter 2

Points for Reflection:

- 🥜 When I say “I am a child of God,” I feel...
- 🥜 When I am alone and I look at myself in the mirror, I feel...
- 🥜 When I remember that significant event that has shaped my Personal Identity, my feelings are...
- 🥜 The statement that struck me in Chapter 2 is... It makes me feel...

#### **Ten Over Ten**

Read and Reflect on John 10:10. Read Chapter 4

Points for Reflection:

- 🥜 In a scale of 1 to 10, 10 being the highest, I would rate my life as a... This rating makes me feel...
- 🥜 The area of my life I have not yet fully surrendered to Christ is...It makes me feel...
- 🥜 How do you feel about the statement of Oswald Chambers: “God has only one intended destiny for mankind - holiness. His only goal is to produce saints. God is not some eternal blessing-machine for people to

use, and He did not come to save us out of pity - He came to save us because He created us to be holy.”

🥜 The statement that struck me in Chapter 4 is... It makes me feel...

### **Your Original Condition**

Read and Reflect on 2 Corinthians 5:17-21. Read Chapter 7

Points for Reflection:

- 🥜 “An addiction is an escape from the pains and pressures demanded by a false personal identity.” My feelings about the statements are...
- 🥜 “Change your mind, change for a month. Change your heart, change for a year. Change from your spirit, change for a lifetime?” The statement makes me feel...
- 🥜 “I am complete in Christ.” When I say that the feelings that come with it are...
- 🥜 What statement struck you in Chapter 7? How do you feel about it?

### **Start Again**

#### **Section 1: Slow Down: Allow God to Catch Up With You**

Read and Reflect on Psalm 23. Read Guidepost 1

Points for Reflection:

- 🥜 If there was a life speedometer, with 150kph as very fast, and 20kph as very slow, my life-speed is...it makes me feel...
- 🥜 The last time I did something in order to “look good” was...my feelings about it are...
- 🥜 When I make commitments from my personal identity I feel...On the other hand, when I make commitments from my spiritual identity I feel
- 🥜 The last time I turned my work into a prayer, I felt...
- 🥜 What statement struck you in Guidepost 1? How do you feel about it?

#### **Section 2: Talk to God: Converse with Him - Continuously!**

Read and Reflect on Jeremiah 29:11-14. Read Guidepost 6

Points for Reflection:

- 🥜 When I focus on God rather than on my circumstances, I feel...
- 🥜 Constantly talking to God through out the day makes me feel...
- 🥜 Ten persons or things I am most grateful to God for are...I feel really...
- 🥜 Practice Guidepost 10: Resting in God. How did you feel?
- 🥜 After reading and reflecting on Genesis 22:1-9, "Isaac" represent my... my feelings toward my "Isaac" are...
- 🥜 What statement struck you in Guidepost 6? How do you feel about it?

### **Section 3: Accept Your Present: It is God's Gift to You!**

Read and Reflect on Isaiah 43:18-19; Psalm 118:24. Read Guidepost 14  
Points for Reflection:

- 🥜 Choosing to to slow down...makes me feel...
- 🥜 After praying: "I am grateful for what is and what is is enough," I feel...
- 🥜 "Enjoyment has nothing to do with what's outside you, it has everything to do with what's inside you!" The feelings of...are evoked by that statement.
- 🥜 "God is the greatest gift that you will find when you accept "now". How do you feel about that statement?
- 🥜 I need to forgive or ask forgiveness from...this makes me feel...
- 🥜 What statement struck you in Guidepost 14? How do you feel about it?

### **Section 4: Redefine Yourself: Be the Best Version of Yourself!**

Read and Reflect on Ephesians 3:22-24. Read Guidepost 21

Points for Reflection:

- 🥜 In a scale of 1 to 10, 10 being this highest, I would rate the current version I am living of myself as...this rating makes me feel...
- 🥜 When I live from my Spiritual Identity I feel...
- 🥜 You are loved and you are love! How do you feel about that statement?
- 🥜 When you bring love to your home, workplace, your relationships?
- 🥜 What statement struck you in Guidepost 21? How do you feel about it?

## Section 5: Take Your Place: Play Your Part, Play it Well

Read and Reflect on Ephesians 4:15-16. Read Guidepost 25

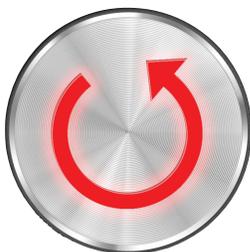
Points for Reflection:

- 🥜 When I bring God's love into a situation it makes me feel...
- 🥜 After reading Guidepost 26, I believe God sees me as...this makes me feel...
- 🥜 How do you feel about the part you are playing in God's family?
- 🥜 How do you feel about the God-size project God is asking you to engage in?
- 🥜 What statement struck you in Guidepost 25? How do you feel about it?

### Note

This is a suggested guide for your "Daily Dialogue":

- 🥜 Opening Prayer.
- 🥜 Reset. Take a deep breath, and then proclaim: "I am God's beloved complete in Christ!"
- 🥜 Take turns proclaiming your unique spiritual identity (For example: "I am God's love").
- 🥜 The spouse responds: "Yes you are!"
- 🥜 Go over the "discussion statement" for the day.
- 🥜 Write your "love letter" to your spouse, detailing how you feel, as a response to the statement.
- 🥜 Share your feelings.
- 🥜 Closing Prayer.
- 🥜 Proclaim each others Spiritual Identity.



**R**emember who you are.

**S**low Down.

**T**alk to God.

**A**ccept Your Present.

**R**edefine Yourself.

**T**ake Your Place.