

# Goals: Are You and Your Spouse on the Same Page?

## Objective:

Individual goals are important and necessary, but all too often, we forget to include our spouse in those goals. She also probably has goals too. How do they line up with yours? Do you have shared goals for your marriage?

Many people have this misconception that once they get married, they will live happily ever after- on autopilot. The reality, however, is that marriage requires work and effort from you and your spouse. Love brings you together, but conscious, continuous effort makes your marriage a success. This is where marriage goals come in. Marriage goals not only create an atmosphere of companionship, but they also help spouses to remain focused whenever their marriage is going through difficult transitions. Marriage goals also act as an antidote to stagnation and lethargy that creeps into all marriages over time.

One of the most important aspects for goals is that they help you “focus”. This world is full of distractions looking to steal your focus, but when we have set goals we can direct our focus. What is your marriage focused on?

**Suggested Song :** We Are Many Parts (Blue 510, Red 727)

## Bible & Catechism Readings:

### Ephesians 5:25-31

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 his own body, but he feeds and cares for it, 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

### Philippians 3:12-16

It is not that I have already taken hold of it or have already attained perfect maturity, but I continue my pursuit in hope that I may possess it, since I have indeed been taken possession of by Christ. Brothers, I for my part do not consider myself to have taken possession. Just one thing: forgetting what lies behind but straining forward to what lies ahead, I continue my pursuit toward the goal, the prize of God's upward calling, in Christ Jesus. Let us, then, who are “perfectly mature” adopt this attitude. And if you have a different attitude, this too God will reveal to you. Only, with regard to what we have attained, continue on the same course.

### Catechism 1605

Holy Scripture affirms that man and woman were created for one another: "It is not good that the man should be alone." The woman, "flesh of his flesh," his equal, his nearest in all things, is given to him by God as a "helpmate"; she thus represents God from whom comes our help. "Therefore a man leaves his father and his mother and cleaves to his wife, and they become one flesh." The Lord himself shows that this signifies an unbreakable union of their two lives by recalling what the plan of the Creator had been "in the beginning": "So they are no longer two, but one flesh."

**Saint:** Saints Louis and Zelig Martin, (parents of St Therese of Lisieux). Speaking of their 2008 canonization, Rev. Romano Gambalunga, the postulator who followed the saint-making case through, said "It's the first time a couple have been canonized as a couple, and this is a beautiful sign for Christian families, who often are left without any support and have to go against the grain, especially in the West, to live and educate their children in the truth of creation and with that love that God has given us in Christ."

### **Vignette:**

Joe and Mary have a good marriage, but it wasn't always that way. At one time, they just didn't feel like they were "on the same page". Each going about their lives - together, but separate. Then they started a process of annual goal setting together. When asked about this process they said:

After a particularly difficult year, we decided to have a "common goal" setting meeting. Now we do this every year – kind of like New Year's resolutions. Setting goals gives us something to look forward to, to hope for, to work together toward, and when we achieve them it gives us something to celebrate. When we want to set goals, we turn it into a date. We either go to coffee or dinner to do this. We do this for several reasons. It gives us something specific to focus on and talk about during our date. We are intentional about talking about important things that we hope to achieve in the future. The conversation, although we are setting goals, usually is accompanied by deep and significant conversations about our marriage. Setting up a date to set goals also helps us not to be distracted by our young kids or other responsibilities in the home.

Because we set a date up to do this, we know it is coming. We each take time beforehand to consider some personal goals we want to achieve – relationship with God, finances, connectedness in our marriage, travel, etc.

Goal setting with each other is awesome because it aligns our hearts. It puts us on the same page with each other. It sets up a hope for the future that is actually discussed, as opposed to expectations that are in your heart that leave you disappointed if they are never met.

After we set our goals, we submit them to the Lord. We take a moment to pray and we tell God that we want to be good stewards of all that He has given to us. We tell Him that we have set these goals, but that we desire His will above all else. Prayer aligns our hearts with His.

### **Questions for Large and Small Group Discussion:**

What is something you always wanted to do as a couple in your marriage? How would your wife answer this question?

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What do you want your marriage to look like in the future? What would your wife say?

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If the most important thing is to focus on Jesus, what would that look like to you and your marriage?

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**References:**

1. Setting Goals with your spouse  
<https://www.livewellplaytogether.com/setting-goals-with-your-spouse-2/>
2. Goals In Marriage – Why Bother  
<https://marriageisacommitment.wordpress.com/2013/02/09/goals-in-marriage-why-bother/>
3. Creating Dreams and Goals: Creating an Emotional Connection  
<https://www.extension.purdue.edu/extmedia/cfs/cfs-747-w.pdf>
4. 7 Powerful goals for your marriage  
<https://abideandseek.com/7-powerful-goals-for-your-marriage/>

**Action Plan:**

1. This week, talk with your wife about what's most important in life for each of you.
2. Figure out a way that you can set aside time each year to do goal planning with your wife.

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