



SAFEGUARD

SESSION 7

• TO WARM UP

☀️ **Light-hearted conversation starter:** Name one boundary you're both glad you have — even a funny one (like “no phones at dinner”).

• SAFEGUARD

A protective fence around what matters

Safeguarding is proactive love. It's building a fence around your marriage — around your intimacy, your boundaries, and your people — so your relationship can grow without outside pressures pulling at it. Our natural inclinations don't always lean toward what protects us, and the culture's “be strong, don't give in” only goes so far. The wiser path is to set safeguards **before** a crisis, not after. This session covers three together — your intimacy, your boundaries, and the trusted people around you — and closes with a fourth to take home: a Money & Marriage “money date” for just the two of you.

• WATCH · SAFEGUARD — PROACTIVELY PROTECTING YOUR MARRIAGE



Scan to watch this session's video
invest.wildfireleadership.com/s/7

• PART 1 · INTIMACY — THREE THREADS

True intimacy isn't first physical — it's **wholeness**. God designed marriage to weave three threads together, and when all three are nourished, the bond is unbreakable.

♥ **Emotional** — fully known, fully chosen. Safety, vulnerability, presence.

✦ **Spiritual** — praying and growing in the Lord together. Same direction, same Source.

📖 **Physical** — God's good design, protected for marriage alone.

“That is why a man leaves his father and mother and is united to his wife, and they become one flesh.”

GENESIS 2:24

“Marriage should be honored by all, and the marriage bed kept pure.”

HEBREWS 13:4

Which thread is strongest for us right now — and which one needs the most tending this season?

FOR THE HUSBAND — A QUIET REFLECTION

FOR THE HUSBAND — A QUIET REFLECTION

FOR THE WIFE — A QUIET REFLECTION

Then come back together: share one thing from your reflection, and name one simple way you’ll nurture each thread this month.

• PART 2 • BOUNDARIES

A boundary isn’t a wall against each other — it’s a fence around your marriage. Choose the areas where a clearer boundary would protect you, then name one you’ll set together.

“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”

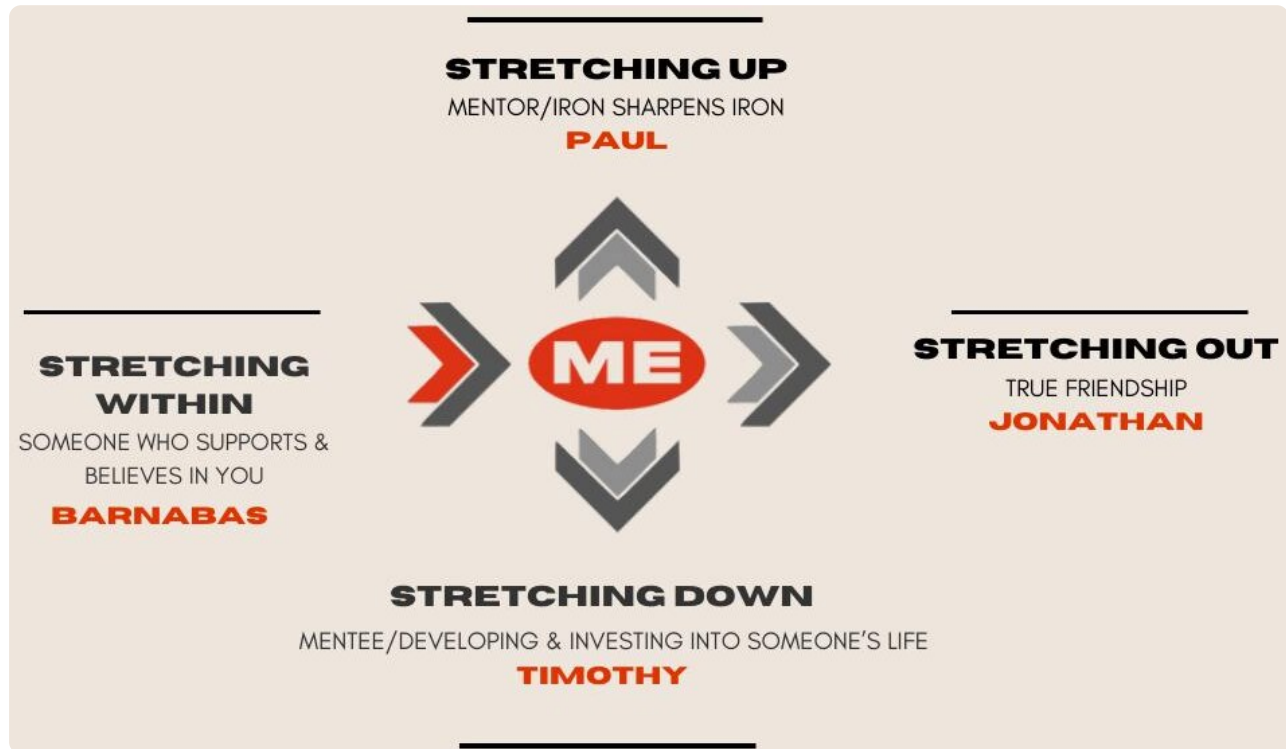
1 PETER 5:8 (NIV)

Finances Friendships Social media Phones / screens Work hours Extended family
 Opposite-sex relationships Calendar / margin What we watch Privacy & honesty

One boundary we will set — clearly — this season

• PART 3 • TOOL — YOUR STRETCH TEAM

No marriage thrives in isolation. Your Stretch Team is a small circle of trusted people who support your growth, speak truth, and help protect and encourage your marriage.



Your Stretch Team — the people who help you carry this.

“Where there is no guidance, a people falls, but in an abundance of counselors there is safety.”

PROVERBS 11:14 (ESV)

Name yours, then complete the tool before the next session:

STRETCHING UP — A MENTOR (LIKE PAUL)

STRETCHING DOWN — SOMEONE WE POUR INTO (LIKE TIMOTHY)

STRETCHING OUT — A PEER / TRUTH-TELLER (LIKE JONATHAN)

STRETCHING WITHIN — AN ENCOURAGER (LIKE BARNABAS)

One person we'll actually reach out to this month



The Stretch Team tool
invest.wildfireleadership.com/t/stretch-team

• COUPLE CONVERSATION

1. Where do we spend energy that really belongs to each other — work, phone, hobbies?
2. What's one boundary that would most protect us right now?
3. Who could we invite to walk more closely with us as a couple?

• KEY TAKEAWAYS

- ✦ Intimacy is wholeness — emotional, spiritual, and physical woven together.
- ✦ Boundaries aren't walls against each other; they're a fence around your marriage.
- ✦ Safeguarding is proactive, not reactive — you build the fence before the storm.
- ✦ A marriage grows stronger inside a circle of trusted people.

GO DEEPER — OPTIONAL

For couples who want to linger. Skip it if you'd rather keep things light.

1. Which of the three threads of intimacy — emotional, spiritual, or physical — do you most want to nurture, and how?
2. Where do you sense your marriage would be strengthened by a clearer boundary?
3. Who could you invite to be a mentor or truth-teller for your marriage this year?

• THIS WEEK

Set the one boundary you named, and reach out to the one Stretch Team person you chose. Then do one small thing to tend the intimacy thread that needs it most — and put your first money date on the calendar.

• BETWEEN SESSIONS • YOUR FIRST MONEY DATE

Money is one of the most common things couples struggle over — but it's usually less about the math and more about how we talk about it, and the different ways we're each wired. This one is a take-home: set aside fifteen unhurried minutes this week, just the two of you, and walk through it together with grace.

"For where your treasure is, there your heart will be also."

MATTHEW 6:21 (NIV)

First, where do you each land?

SPOUSE 1 · SAVER ↔ SPENDER

Saver

Balanced

Spender

SPOUSE 2 · SAVER ↔ SPENDER

Saver

Balanced

Spender

What is money mostly *for*, to you?

Security

Freedom

Generosity

Provision

Experiences

Legacy

Peace of mind

Opportunity

Honoring God

A money win we've had together

A money stress we quietly carry

One shared money goal for this year — and our first small step

Make this your monthly **money date** — fifteen unhurried minutes, once a month, to look at money together as teammates, not opponents. It's a natural fit for the monthly check-in in the 1-1-1 Rhythm.

• A PRAYER TO CLOSE

“Lord, guard our marriage. Make us alert, honest, and unified. Surround us with people who point us to You, and keep our love protected and pure. Amen.”