

SESSION 8

# TEACHABLE SPIRIT



• TO WARM UP

☀ **Light-hearted conversation starter:** Share one thing you've learned from your spouse that has made you better.

• TEACHABLE SPIRIT

## The spirit that holds it all together

It's no accident we end here. A teachable spirit — humility, openness, and a willingness to keep learning — is the thread that ties every INVEST principle together. It's the posture that says, "I don't have it all figured out, but I'm willing to grow alongside you." Being open to learning and correction isn't just an act of humility; it's an act of strength that builds a strong, enduring foundation for your marriage.

• WATCH • TEACHABLE SPIRIT — CULTIVATING OPENNESS IN MARRIAGE



Scan to watch this session's video  
[invest.wildfireleadership.com/s/8](https://invest.wildfireleadership.com/s/8)

• SCRIPTURE TO SET THE TONE

*"Be not wise in your own eyes; fear the Lord and turn away from evil. It will be healing to your flesh and refreshment to your bones."*

PROVERBS 3:7-8 (ESV)

*"By wisdom a house is built, and through understanding it is established; through knowledge its rooms are filled with rare and beautiful treasures."*

PROVERBS 24:3-4 (NIV)

**What do these verses mean to you, and how do they emphasize the importance of a teachable spirit in marriage?**

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## • KEY CONCEPTS AND PRINCIPLES

### Teachability is the foundation for wisdom

Being teachable means a willingness to learn, receive instruction, and continuously seek growth. A marriage built on teachability is like a house on a firm foundation. It fosters unity, humility, and a teamwork mindset — pride, on the other hand, leads to division.

## • FOUR DISTINCTIONS OF TEACHABLE PEOPLE

- ✦ **Humility and brokenness** — they live with a humble heart, acknowledging their need for growth.
- ✦ **Seeking wisdom actively** — they pursue wisdom and instruction, understanding it's essential for life.
- ✦ **Learning from the right teachers** — they surround themselves with wise mentors and counselors.
- ✦ **Receiving correction well** — they see correction as an opportunity to grow.

*“The ear that listens to life-giving reproof will dwell among the wise.”*

PROVERBS 15:31 (ESV)

**The danger of condemnation.** One of the biggest barriers to growth is condemnation — it shuts down communication and hinders teachability. Instead, we're called to speak words of life.

**How can you use your words to nurture a teachable spirit in your marriage?**

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## • PRACTICAL STEPS • TWO GAME-CHANGING TRUTHS

**In light of eternity, what really matters?** Fixing our eyes on eternity gives perspective — the daily frustrations are temporary and small next to the purpose God has for our marriage. And **meekness** is a deeper humility that goes beyond dying to self; it calls us to yield our personal rights and put our spouse first. It's not about losing — it's about gaining a stronger bond.

*“I keep all things in light of eternity, focusing on what truly matters.” · “I live in meekness, dying to my own rights, and putting my spouse before myself.”*

What is one small thing you can let go of today to focus on what truly matters, or to show meekness by putting your spouse first?

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## • YOUR SUSTAINING RHYTHM • 1-1-1

A teachable spirit grows through consistent, small practice. That's the **1-1-1 Rhythm** — 1 daily deposit, 1 weekly pivot, 1 monthly check-in. Small deposits, big returns. The two pages that follow show the heart of it and a menu of simple ideas to choose from; make it your ongoing rhythm so this study becomes a way of life, not a season.



# THE 1-1-1 RHYTHM

*1 daily deposit. 1 weekly pivot. 1 monthly check-in.*

*Small deposits. Big returns.*

The 1-1-1 Rhythm is a simple tool that helps couples be intentional in small, meaningful ways. It can be used by one spouse for the other, or by both spouses together. You do not need to do everything at once. The goal is to make simple deposits that help your spouse feel seen, encouraged, supported, and loved.

### THE HEART OF 1-1-1

-  **INTENTIONAL** — Love is shown in small, on-purpose actions.
-  **SIMPLE** — Choose one small step, not everything at once.
-  **REALISTIC** — Pick what fits your season and your spouse.
-  **CONSISTENT** — Small deposits made regularly build trust and connection.

### HOW TO USE THIS TOOL

- 1 Start by choosing one simple idea.
- 2 Use the 1-1-1 rhythm: 1 daily deposit, 1 weekly pivot, 1 monthly check-in.
- 3 Choose what would feel meaningful to your spouse.
- 4 Let your spouse know what you appreciate, notice, or want to do for them.
- 5 Keep it small, specific, and sincere.
- 6 Switch roles or practice it together.

 *Helpful filter: What would help my spouse feel seen, encouraged, supported, or loved right now?*

“ *Progress over perfection. Start small and stay consistent.* ”

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# HOW TO PRACTICE THE 1-1-1 RHYTHM



*Choose one small way to love, serve, and connect.*

*Use this one spouse at a time or together. You do not need to do everything at once.  
Pick one idea that fits this season.*



## DAILY DEPOSIT | 1x per day

**Goal:** Keep the baseline of your relationship warm.



**6-Second Hug** —  
Pause long enough to really connect.



**Life-Giving Text** —  
Send a simple encouraging message or word.



**High / Low Check-In** —  
Ask: "What was the best and hardest part of your day?"



**Gratitude Sighting** —  
Name one specific thing you appreciate.



**Small Relief** —  
Do one small thing that lightens their load.



## WEEKLY PIVOT | 1x per week

**Goal:** Step out of roommate mode and back into partner mode.



**Tech-Free 20** —  
Twenty minutes. No phones, just connect.



**Side-by-Side Walk** —  
Take a short walk together.



**Shared Fun** —  
Play a game, cook together, or enjoy something simple together.



**Dream Seed** —  
Ask: "If we had a free Saturday next month, what would we do?"



**Meaningful Question** —  
Ask: "What would help you feel most loved this week?"



## MONTHLY CHECK-IN | 1x per month

**Goal:** Reconnect, align, and look ahead.



**Marriage Check-Up** —  
Use "Stop, Start, Continue."



**External Date** —  
Leave the house and create a shared memory.



**Goal Alignment** —  
Talk about finances, parenting, calendar, or home priorities.



**Support Question** —  
Ask: "How can I support you better in this season?"

**Stop** — What should we stop doing that creates friction?

**Start** — What should we start doing to feel closer?

**Continue** — What is already working well that we should keep doing? ”



## MY NEXT SMALL STEP

This week, one way I want to intentionally love my spouse is: \_\_\_\_\_

The idea I want to try first is: \_\_\_\_\_

When I will do it: \_\_\_\_\_

What would feel meaningful to my spouse right now: \_\_\_\_\_

*Ask yourself: Will this help my spouse feel seen, encouraged, supported, or loved?*



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**Pick one daily deposit, one weekly pivot, and one monthly check-in to start**

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Download or print the 1-1-1 Rhythm  
[invest.wildfireleadership.com/t/rhythm-111](https://invest.wildfireleadership.com/t/rhythm-111)

## • MARRIAGE CHECK-IN • LOOK HOW FAR YOU'VE COME

Rate the same five statements you did in the first session (1 = rarely true, 5 = very true), on your own first. Then set your two snapshots side by side and talk them through together: celebrate every area that

moved, thank each other for the growth, and choose one area you still want to keep investing in — that becomes your first focus in the 1-1-1 Rhythm.

1. We feel emotionally connected right now.

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

2. We communicate well, even about hard things.

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

3. We regularly make intentional time for each other.

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

4. We are growing spiritually together.

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

5. We feel like a team, moving in the same direction.

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

Rarely true

Very true

### • YOUR COUPLE COVENANT

Close the study by putting words to your commitment — personal, and shared.

SPOUSE 1 — MY PERSONAL COMMITMENT

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SPOUSE 2 — MY PERSONAL COMMITMENT

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Our shared 'we will...' as a couple

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One INVEST tool we'll keep using regularly

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## ● A LOVE LETTER

Take time to think about your spouse and how your love has deepened over these sessions. Write a letter naming specific things you cherish about them, and what you want them to remember about your love. Plan a special date to exchange your letters — and treasure them.

To my spouse...

• OPTIONAL CAPSTONE • YOUR MARRIAGE MISSION PORTRAIT

You each created your individual *Mission Portrait* in the Mission Portrait session. As a capstone, create a **shared** one — a single visual of who you are and what you’re building together. Answer the same sections through the “we / us” lens, then generate it in the tool, frame it, and put it where you’ll both see it.

*“Two are better than one... A cord of three strands is not quickly broken.”*

ECCLESIASTES 4:9,12

Our core values as a couple (aim for 4–5), and the shared vision and mission we're building



Create your Marriage Mission  
Portrait · password: invest  
[invest.wildfireleadership.com/t/marriage-portrait](https://invest.wildfireleadership.com/t/marriage-portrait)

### GO DEEPER — OPTIONAL

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

1. Where in your marriage do you most need a teachable heart right now?
2. What feedback have you resisted that, in hindsight, could help you grow?
3. Which INVEST tool made the biggest difference for you — and how will you keep using it?

### • THIS WEEK

Start your 1-1-1 Rhythm and read your covenant to each other. Then celebrate — you finished. Mark it somehow: a date, a photo, a prayer of thanks.

### • A BLESSING TO CLOSE

*“The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.” — Numbers 6:24–26*