
CORE VALUES & FAITH

Rooted Together

A guide to aligning your core values, faith practices, and vision for the future as a couple.

Boundary Agreement Resource Library

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This guide is a coaching resource, not therapy or counseling.

Values Are the Foundation

You can fix communication patterns. You can learn to fight fair. You can create a budget. But if your core values are misaligned, every other fix is temporary. Values are the bedrock.

If your assessment showed strong alignment in values, that is a major asset. This guide helps you articulate and protect that alignment. If there are gaps, this guide helps you identify exactly where they are and have the conversation.

*"Unless the Lord builds the house, the builders labor in vain." **Psalm 127:1***

EXERCISE: The Values Sort

Each person ranks these values from 1 (most important) to 10 (least important). Do this separately, then compare. Where you differ is where the conversation needs to happen.

Faith / Spirituality: His ____ / Hers ____

Financial Security: His ____ / Hers ____

Family Closeness: His ____ / Hers ____

Career Achievement: His ____ / Hers ____

Physical Health: His ____ / Hers ____

Community / Friendships: His ____ / Hers ____

Adventure / Travel: His ____ / Hers ____

Education / Learning: His ____ / Hers ____

Service / Giving Back: His ____ / Hers ____

Rest / Peace: His ____ / Hers ____

Where is our biggest difference? Why?

EXERCISE: The 5-Year Vision

Independently, write your answers. Then share and look for overlap and tension.

In 5 years, where are we living?

In 5 years, what does our family look like?

In 5 years, what does our faith practice look like?

In 5 years, what has changed about how we spend our time?

What is the ONE thing that matters most for our future?

EXERCISE: The Faith Conversation

These questions go deeper. Take your time.

What role does God play in our marriage?

How do we want to grow spiritually together?

What spiritual practice do we want our kids to see?

When was the last time we prayed together? Why?

What would change if we made faith the center of every decision?

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