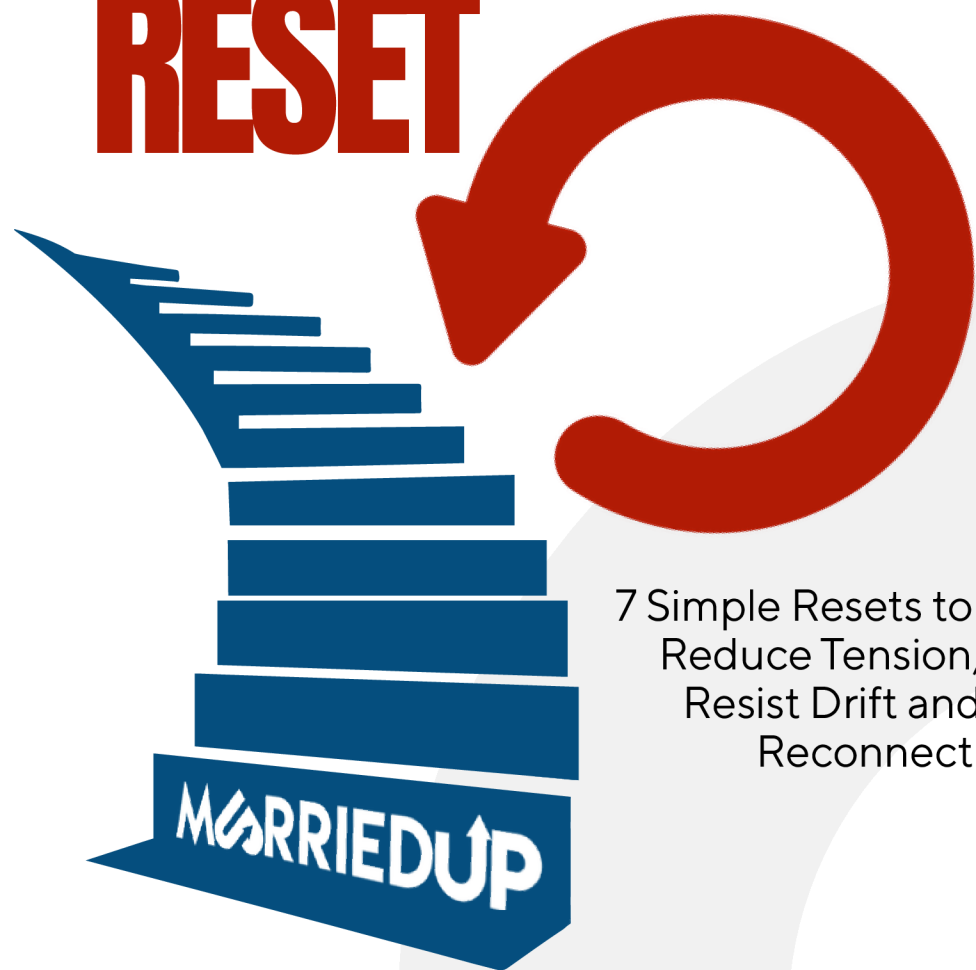


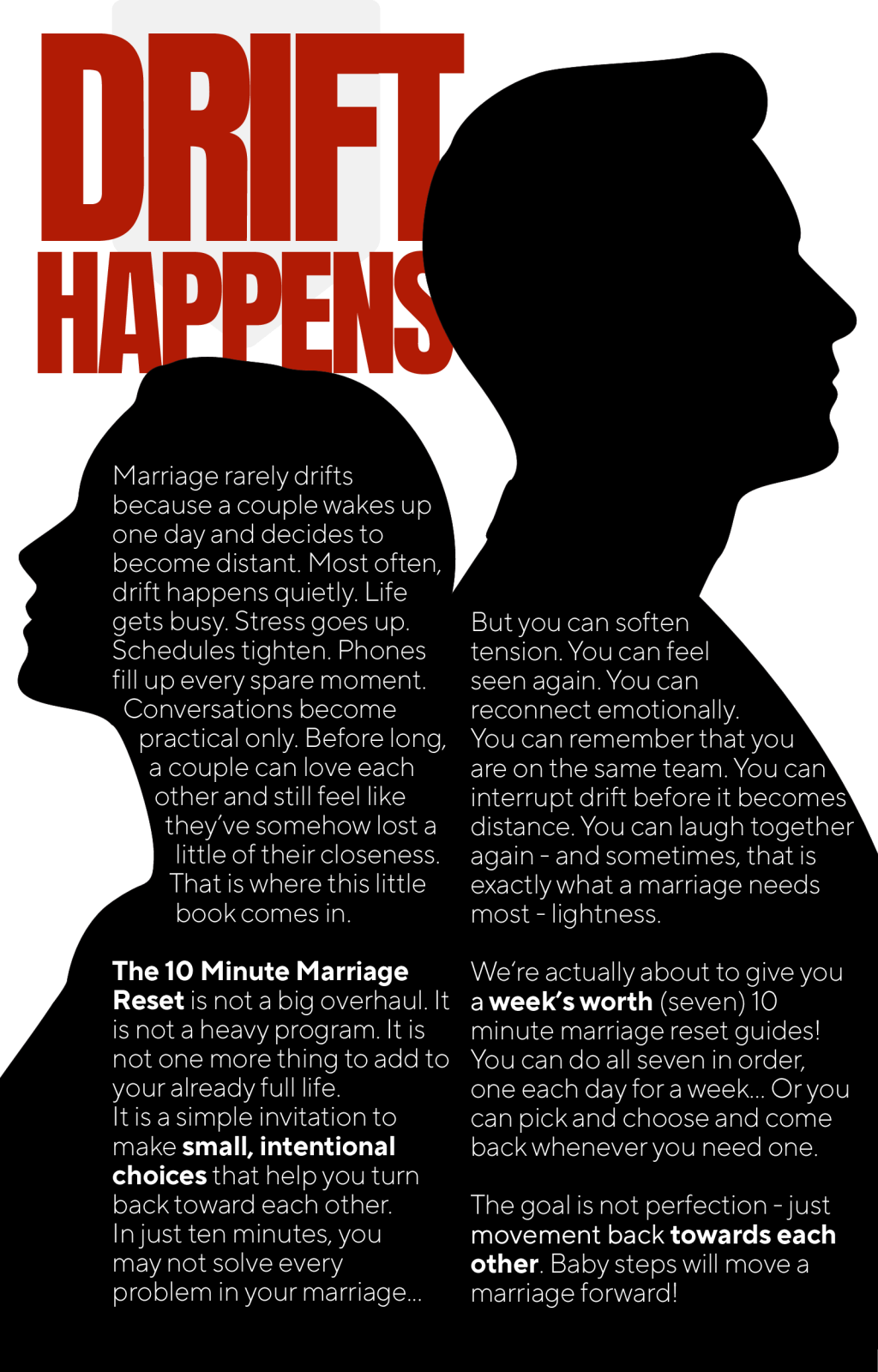
DAN & DANIELLE MACAULAY

# THE 10 MINUTE MARRIAGE RESET



7 Simple Resets to  
Reduce Tension,  
Resist Drift and  
Reconnect

# DRIFT HAPPENS

The background of the page features black silhouettes of a man and a woman in profile, facing each other. The woman's silhouette is on the left, and the man's is on the right. They are positioned behind the text blocks.

Marriage rarely drifts because a couple wakes up one day and decides to become distant. Most often, drift happens quietly. Life gets busy. Stress goes up. Schedules tighten. Phones fill up every spare moment.

Conversations become practical only. Before long, a couple can love each other and still feel like they've somehow lost a little of their closeness. That is where this little book comes in.

## **The 10 Minute Marriage**

**Reset** is not a big overhaul. It is not a heavy program. It is not one more thing to add to your already full life.

It is a simple invitation to make **small, intentional choices** that help you turn back toward each other. In just ten minutes, you may not solve every problem in your marriage...

But you can soften tension. You can feel seen again. You can reconnect emotionally. You can remember that you are on the same team. You can interrupt drift before it becomes distance. You can laugh together again - and sometimes, that is exactly what a marriage needs most - lightness.

We're actually about to give you a **week's worth** (seven) 10 minute marriage reset guides! You can do all seven in order, one each day for a week... Or you can pick and choose and come back whenever you need one.

The goal is not perfection - just **movement back towards each other**. Baby steps will move a marriage forward!

# SEVEN SIMPLE 10 MINUTE RESETS

Do just one of these - or all of them.  
It's totally up to you! You could  
make a full week of them, or  
just pick the few you need!

**1** APPRECIATION  
RESET

**2** LISTENING  
RESET

**3** FUN  
RESET

**4** AFFECTION  
RESET

**5** TEAMWORK  
RESET

**6** PRAYER  
RESET

**7** VISION  
RESET



# HOW TO USE THIS BOOK

1

## 10 MINS

Each reset is designed to take about ten minutes. That is it.

2

## JUST JUMP IN

You do not need the perfect mood, a babysitter, a weekend getaway, or a perfectly conflict-free relationship to do this. You just need a willingness to take one small step toward each other.

3

## EACH DAY INCLUDES:

- a simple focus
- a short explanation of why it matters
- a ten-minute action step
- reflection questions

## KEEP IT LIGHT

This is not meant to become another serious marriage meeting.

## KEEP IT KIND

The point is connection, not correction.

## KEEP IT SIMPLE

Do not overcomplicate a ten-minute reset.

## KEEP IT INVITING (NOT FORCING)

If one of you is more eager than the other, stay gentle.

## KEEP JESUS AT THE CENTER

You are not just trying harder. You are inviting God into the ordinary rhythms of your marriage.



# 1

# The Appreciation Reset

## WHY THIS MATTERS

One of the easiest ways for a marriage to feel heavy is when appreciation goes unspoken. It is amazing how quickly a couple can start noticing what is “missing” more than what is present, faithful, helpful, or good.

Appreciation does not fix everything, but it changes the atmosphere. It softens hearts. It reminds both spouses, I am not invisible here. My contribution is felt and it matters.

Scripture tells us to encourage one another and build each other up. That absolutely belongs in marriage too. What is rewarded tends to be repeated.

## YOUR 10-MINUTE RESET



Set a timer for ten minutes.

Take turns sharing three things you genuinely appreciate about each other. These can be big or small:

- “Thank you for how hard you work for our family.”
- “I appreciate how you make people feel welcome.”
- “I noticed that you handled that stressful moment with a lot of grace.”
- “I love the way you still make me laugh.”

Try to be specific. Generic compliments are nice, but specific appreciation lands deeper. When appreciation is given, do not downplay it. Do not argue with it. Just receive it.

## REFLECTION QUESTIONS

1. What kind of appreciation means the most to me?
2. Do I tend to notice what my spouse is doing wrong faster than what they are doing right?
3. How would it change the emotional tone of our marriage if we thanked each other more?

## SIMPLE PRAYER

*Lord, thank You for the gift of each other. Help us not to overlook the good. Open our eyes to what is lovely, faithful, and worthy of honor in each other. Teach us to use our words to build up, not just point out what is missing. Amen.*



# 2

# The Listening Reset

## WHY THIS MATTERS

Sometimes what a spouse needs most is not a solution. It is the feeling of being **heard**. Feeling heard feels a whole lot like feeling loved.

When couples are busy or tense, conversations can quickly become rushed, distracted, or defensive. Real listening slows things down. It says, You matter. Your feelings matter. I want to understand, not just respond. You are important.

James tells us to be quick to listen, slow to speak, and slow to become angry. Wise counsel for every marriage.

## YOUR 10-MINUTE RESET

Set a timer for four minutes.

One spouse shares for the four minutes on this prompt:

**“What has been on your mind or heart lately?”** The other spouse listens without interrupting, fixing, correcting, or turning the conversation back to themselves. Then switch.

Use the last two minutes to reflect back something like:

- “What I hear you saying is...”
- “That sounds heavy.”
- “I can see why you would feel that way.”
- “Thanks for telling me that.”

You are not trying to solve life in ten minutes.

You are trying to help your spouse feel seen and understood.

## REFLECTION QUESTIONS

1. When I listen, do I tend to interrupt, defend, fix, or stay curious?
2. What helps me feel heard by my spouse?
3. What gets in the way of good listening in our marriage?
4. How could listening better reduce tension between us?

## SIMPLE PRAYER

*Jesus, You listen to us with patience and compassion. Help us reflect that in our marriage. Teach us to listen with humility, gentleness, and care. Slow down our emotional reactions and grow our understanding. Amen.*

# 3

# The Fun Reset

## WHY THIS MATTERS

A marriage can stay functional while quietly losing its lightness. Couples can become very good at paying bills, managing kids, running errands, solving problems, and handling responsibilities. But if every conversation becomes logistics, the relationship can begin to feel more like a workplace than a friendship.

Fun is not shallow. Shared laughter is one of the ways closeness gets rebuilt. Ecclesiastes reminds us that enjoying life together is a gift from God. Joy belongs in marriage.

## YOUR 10-MINUTE RESET

Pick **one fun thing** to do together for ten minutes. Keep it simple.

### Ideas:

- Ask each other funny would-you-rather questions
- Look at old photos and tell stories
- Play one quick round of a game
- Listen to a song that takes you back
- Share your funniest recent moment you haven't had a chance to yet
- Make each other laugh on purpose
- Remember one of your favorite date memories

The goal is not to be impressive. The goal is to smile together again.

## REFLECTION QUESTIONS

1. What used to feel fun and easy between us?
2. What tends to drain the fun out of our marriage lately?
3. Do I treat fun like an extra, or like an important part of connection?
4. What is one simple way we could laugh together more often?

## SIMPLE PRAYER

*Father, thank You that joy is Your idea. Help us not to let stress have the final say in our marriage. Restore laughter, delight, and friendship between us. Teach us to enjoy one another again. Amen.*

# 4

# The Affection Reset

## WHY THIS MATTERS

Affection is one of the ways love becomes tangible. It reminds a spouse, I am wanted. I am cherished. I am not just another task on the list.

For some couples, affection disappears because of tension. For others, it simply gets crowded out by routine, fatigue, distraction, or different wiring.

This reset is not about pressure. It is about intentional warmth.

Small expressions of affection can reopen a sense of closeness that has been neglected.

## YOUR 10-MINUTE RESET



Spend ten minutes

intentionally expressing affection in ways that feel kind, welcome, and connecting.

That may include:

- sitting close together
- holding hands or rubbing shoulders
- hugging for longer than usual
- speaking tender words
- making eye contact
- sharing one thing you find beautiful or attractive about each other

This is not about forcing a moment. It is about slowing down enough to communicate warmth. Start small if needed and be patient with each other.

## REFLECTION QUESTIONS

1. What kinds of affection make me feel most loved?
2. Has affection in our marriage become assumed instead of expressed?
3. Are there hurts, habits, or distractions that have made affection harder lately?
4. What is one small way I can communicate warmth to my spouse more often?

## SIMPLE PRAYER

*Lord, thank You for the gift of closeness in marriage. Help us show love with tenderness, respect, and joy. Heal any distance that has made affection harder, and teach us to reflect Your warmth toward one another. Amen.*





# 5

# The Teamwork Reset

## WHY THIS MATTERS

When stress rises, it is easy for couples to turn on each other instead of toward each other. The problem starts feeling like the other person. But marriage works best when a husband and wife remember: We are on the **same team**.

It is not me versus you. It is us versus the problem.

Teamwork does not mean you always agree immediately. It means you face life side by side instead across from one another as opponents.

## YOUR 10-MINUTE RESET

Set a timer for ten minutes and talk about one current stressor using this question:

***“How can we face this together as a team?”***

Choose only one topic. Keep it manageable. As you talk, use phrases like:

- “What would help us here?”
- “What do you need from me right now?”
- “How can I support you this week?”
- “What is the real problem we need to solve together?”

Do not use the ten minutes to rehash every frustration. Use it to reframe the situation as a shared mission you can conquer together.

## REFLECTION QUESTIONS

1. When stress hits, do I instinctively pull away, attack, or partner up?
2. What helps me feel like my spouse is with me and not against me?
3. What problem have we been staring at as opponents instead of teammates?
4. What is one practical way we can support each other better this week?

## SIMPLE PRAYER

*God, thank You for joining our lives together. Help us resist division, defensiveness, and blame. Teach us to fight for each other, not against each other. Give us wisdom to face our challenges as one. Amen.*



# 6

# The Prayer Reset

## WHY THIS MATTERS

Prayer recenters a marriage. It reminds a couple that they are not carrying everything alone. It softens pride. It invites grace. It draws hearts back under the leadership of Christ. It reminds us where our help truly comes from.

Praying together does not have to be long or polished. In fact, short and sincere is better than impressive and rehearsed. Honest humility is powerful.

A ten-minute prayer reset may not change every circumstance immediately, but it can absolutely change the posture of your hearts. And prayer is never wasted breath.

## YOUR 10-MINUTE RESET

Sit together and pray simply.

You can each take a turn praying for:

- Your spouse's burdens
- Your marriage
- Your family
- Wisdom for current pressures
- Renewed joy in your salvation and strengthened faith

If praying out loud feels awkward, keep it very simple. Even a sentence or two is enough.

You might begin with:

"Lord, help us stay close to You and close to each other." Any prayer you muster is a win!

## REFLECTION QUESTIONS

1. What role does prayer currently play in our marriage? Any?
2. What makes praying together feel natural or difficult for us?
3. How does prayer change the tone of our relationship when we actually do it?
4. What would it look like to invite God into our everyday marriage moments more often?

## SIMPLE PRAYER

*Jesus, we need You in our marriage. Draw us closer to You and closer to each other. Teach us to depend on Your strength, not just our own effort. Fill our home with Your peace, kindness, wisdom, and joy. Amen.*

# 7

# The Vision Reset

## WHY THIS MATTERS

Marriage is not only about managing life well together. It is also about expanding God's Kingdom together. God has given every marriage its own mix of gifts, experiences, burdens, opportunities, and influence. There is no other marriage like yours. When you are healthy, your marriage can literally be world changing.

Your marriage is not random. Your family is not accidental. God wants to use your relationship in specific ways to bless others, serve His people, and point others to Him. A vision reset helps you lift your eyes above daily survival and ask bigger questions together: *"Lord, what are You building in us? What do You want to do through us?"*

When a couple begins seeking God together for the purpose of their marriage, it creates unity, meaning, and fresh hope. Dream big. What does God have in mind for your marriage?

## YOUR 10-MINUTE RESET

Set aside ten minutes to prayerfully talk through a few of these questions:

- What unique plan might God have for our marriage and our family in this season?
- What gifts, strengths, or life experiences has God given us that are unique to us?
- How might God want to use our marriage to serve others and build His Kingdom?
- What kind of spiritual atmosphere do we want to cultivate in our home?
- Where do we sense God inviting us to grow, give, lead, encourage, or serve?

Do not put pressure on yourselves to come up with a perfect mission statement in ten minutes. The goal is **simply to begin listening together**.

If it helps, end your conversation by finishing this sentence together:

***"We believe God may want our marriage to be marked by..."***

Then write down one or two words or phrases that feel meaningful, such as:

- |                 |                |                |
|-----------------|----------------|----------------|
| • Hospitality   | • Prayer       | • Generosity   |
| • Encouragement | • Service      | • Joy          |
| • Faithfulness  | • Discipleship | • Discipleship |
| • Compassion    | • Peace        | • Healing      |

## SIMPLE PRAYER

*Lord, thank You that our marriage belongs to You. Give us wisdom to understand the unique purpose You have for our life together. Show us the gifts You have placed in us, the people You want us to bless, and the ways You want our home to reflect Your Kingdom. Unite our hearts around Your calling, and teach us to walk faithfully in it. Amen.*



# THE 10 MINUTE MARRIAGE RESET

Strong marriages are not built on grand moments,  
they are built with baby steps every day.  
Congratulations on taking some - Keep going!

*Do not  
underestimate  
what God can  
do with  
10 surrendered  
minutes...*

- It's the small moments of kindness.
- Small moments of listening.
- Small moments of softness.
- Small moments of laughter.
- Small moments of prayer.
- Small moments of choosing each other again

Meaningful change does not always start big. Sometimes it starts in the kitchen, in the car, or at the end of a long day, with two people making one small decision to turn toward each other.

So whenever you feel drift, tension, distance, or dullness creeping in, come back here... Pick a reset. Take ten minutes. Turn back toward each other again. Keep choosing each other.

And trust that the Lord who brought you together is still at work in the ordinary places of your marriage. He is.

*"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."* **Galations 6:9**

For more from Dan & Danielle Macaulay, check out **The Married Up Podcast** as well as their website [marriedup.net](http://marriedup.net) and follow them on social media.



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