

# Covenant Readiness Worksheets

Vision Board Prompts | Future Spouse Prayer List | Reflection Guide

Covenant Matchmakers | LifeGroup & Resource Hub | Life.Church

*"Write the vision and make it plain." — Habakkuk 2:2*

## WORKSHEET 1 — VISION FOR YOUR MARRIAGE

Before you can recognize the right person, you need clarity on the life you are building. Answer these questions honestly and prayerfully. Do not answer based on what you think you should say — answer based on what God has already placed in your heart.

**What does a typical morning look like in my ideal marriage?**

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**How does faith and church life function in our home together?**

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**What role does prayer and Bible reading play in our relationship?**

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**How do we handle conflict — what does healthy disagreement look like?**

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**What are our financial values and how do we build together?**

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**How do we serve others and our community as a couple?**

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**What does our family look like — children, extended family, boundaries?**

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## WORKSHEET 2 — MY NON-NEGOTIABLES

Non-negotiables are not a wish list — they are convictions rooted in your calling, values, and faith. The goal is not a long list, but a clear and honest one.

My Non-Negotiables (Must Have)	My Preferences (Would Like)	I Will Release (Not Essential)

## WORKSHEET 3 — FUTURE SPOUSE PRAYER LIST

Write out your prayers for your future spouse. Be specific. God honors specificity. This is not a shopping list — it is an act of faith and love for someone you have not yet met.

### **Their Spiritual Life**

*Pray for their faith, their church connection, their relationship with God...*

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### **Their Healing**

*Pray for any wounds, past relationships, family patterns they carry...*

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### **Their Purpose**

*Pray for clarity in their calling, career, and direction...*

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### **Their Character**

*Pray for integrity, patience, kindness, and Christlikeness...*

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### **Their Preparation**

*Pray that God is preparing them for you, just as He is preparing you for them...*

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## WORKSHEET 4 — SURRENDER CHECKLIST

Sometimes the greatest preparation is not adding more — it is releasing what is no longer serving you. Work through this checklist prayerfully. Check the box when you have genuinely surrendered each area.

■ **I have surrendered my timeline to God.**

*I am no longer giving God a deadline.*

■ **I have released past relationships fully.**

*I am not carrying anyone forward who does not belong in my future.*

■ **I have forgiven myself for past choices.**

*I do not allow shame to disqualify me from receiving love.*

■ **I have released unrealistic expectations.**

*I am seeking a person, not a fantasy.*

■ **I am not pursuing anyone out of fear or loneliness.**

*My decisions come from peace, not pressure.*

■ **I have examined my own readiness honestly.**

*I am working on myself — not waiting to start until I find someone.*

■ **I have submitted this desire to trusted spiritual covering.**

*I have prayed about this with my pastor, mentor, or community.*

■ **I believe God is good and His plan is good.**

*Even in the waiting, I trust His character.*

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Bring these worksheets to a gathering or share reflections in the Covenant Matchmakers community.