

# *I Promise Constitution*

**PREAMBLE:** *When we wed I committed to love and cherish you all the days of my life, and I affirm that commitment today. I love you dearly, more than life itself. I honor you and place you above all other people in my life. My goal is to create in our marriage a place of security in which you and I can share everything in safety and honor without fear and grow together in deeper love and intimacy. To confirm my commitment to this goal, I willingly make these five solemn promises to you.*

*I Promise to conform my beliefs to God's truth.* I will gain control of my outlook, emotions, and happiness by continually examining my deepest beliefs and striving to make them consistent with what God's Word says. I take sole responsibility for my beliefs with the understanding that they, not you, determine my emotions, words, thoughts and actions. Thus I lift from you the burden of being responsible for any of my ultimate life quality.

*I Promise to be filled by God.* I will keep God in my heart as my source of joy and love. My love for you will be his love flowing through me. And I will receive your love as overflow from him. I will base the security of our marriage on making Christ my boss. I will strive to conform to his image and follow all his commands, especially the one to love you and care for you all the days of my life. (Ephesians 5:25-26, Philippians 4:19)

*I Promise to find God's best in every trial.* I give you the security of knowing that the negative things that happen in our marriage will not destroy my love for you. I will not expect perfection from you, but will use even the irritations between us as opportunities to see my blind spots and foster my personal growth. I will call on the power of Christ to root out my weaknesses. (Romans 8:28, James 1:12, Romans 5:3-5)

*I Promise to listen and communicate with love.* I will value every word you speak as a window to your heart. I will honor your opinions, feelings, needs, and beliefs so that you will feel free to speak honestly and openly with full security in my love for you. I will be open with you in communicating my heart and will consider your feelings and needs in all my words. I will help you solve every disagreement with me until you feel like a winner. (Ephesians 4:29)

*I Promise to serve you all the days of my life.* I will fight all tendencies toward selfishness in me and focus on keeping you, your needs, and your goals before me at all times. I will continue to hide God's most important words in my heart... serving you willingly and wholeheartedly, just as Christ served his disciples not only in small, humble ways but also by giving his life for them and for us as well. (Galatians 5:13)

*Signature* \_\_\_\_\_ *Date* \_\_\_\_\_

*Signature* \_\_\_\_\_ *Date* \_\_\_\_\_

