

The Sacred Search

by Gary Thomas

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Write your honest reason for wanting marriage**

Before evaluating a person, evaluate the motive. Name the hopes, fears, longings, and pressures you are bringing to the search without making them sound more spiritual than they are.

MON TUE WED THU FRI SAT SUN

⁰² **Ask the purpose question before the chemistry question**

Complete this sentence together: 'A marriage between us would exist to...!' If the answer is vague, slow the pace until the shared direction becomes concrete.

MON TUE WED THU FRI SAT SUN

⁰³ **Invite two trusted witnesses into the relationship**

Ask people who know your character to name what they see clearly: strengths, risks, mismatches, pace, and the conversations you are avoiding.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Audit conflict before commitment deepens**

Review your last disagreement. Did you move toward truth and repair, or toward winning, withdrawing, pleasing, or control? Patterns under pressure matter more than promises after pressure.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Discuss the unromantic future map**

Talk plainly about children, church, money, geography, family obligations, work pace, sex, and service. The goal is not perfect agreement. The goal is honest visibility.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Take a deliberate discernment pause**

Choose one week where the relationship does not escalate. Pray, journal, seek counsel, and ask whether clarity increases when urgency is removed.