

The Lens Exchange (Activation)

Purpose

Help couples identify their default emotional lens and exchange it for a faith-filled one.

Step 1: Identify Your Lens (Do separately)

Circle ONE that describes how you most often “see” your partner:

- Defensive Lens
- Disappointment Lens
- Suspicion Lens
- Idealized Lens
- Fearful Lens
- Hopeful Lens
- Grateful Lens

Write one sentence:

“When I feel stressed, I tend to see you through a ____ lens.”

Step 2: Exchange the Lens (Do together)

Each partner says:

“I release the lens that distorts you. I receive a new lens of truth, trust, and hope.”

Step 3: “Shake the Rug” Challenge

Pick one current issue or frustration. Stand side by side. Hold hands.

Say together:

“We choose agreement over accusation.”

“We choose unity over assumption.”

“God, show us the real issue, not just the reaction.”

Step 4: This Week’s Heart Work

Your activations lead directly into:

- Reading chapters 1–3
- Highlighting personal triggers
- A “Vision Talk”
- Writing your Hope Declaration