

Sample Blueprint Lesson

Experience a Sample Lesson From the Blueprint Series™ for Your Church

Purpose

This sample lesson allows pastors, marriage ministry leaders, facilitators, and potential ministry volunteers to experience the structure of a Blueprint Series™ lesson before deciding how the resources may be used within their church.

The lesson demonstrates how Blueprint Series™ instruction can combine:

- A clear essential question
- A measurable learning objective
- Biblical teaching
- Facilitator modeling
- Guided discussion
- Private couple reflection
- Practical application
- Assessment
- Feedback
- Ministry follow-up

The sample experience is designed to help leaders understand what participants may see, hear, discuss, practice, and apply during a Blueprint-based marriage ministry session.

Sample Lesson Title

Listening in the Way Your Spouse Can Recognize

Blueprint Series™ Focus

Better understanding the different ways husbands and wives may recognize attentive listening within marriage.

Intended Participants

This sample lesson may be experienced by:

- Pastors
- Marriage ministry leaders
- Facilitators
- Small-group leaders
- Couple mentors
- Ministry planning teams
- Married couples
- Potential ministry volunteers

Recommended Session Length

60–75 minutes

Suggested Group Size

Four to twenty-four participants

Session Format

- Large-group teaching
- Facilitator demonstration
- Individual reflection
- Private couple discussion
- Guided application
- Closing assessment

Essential Question

How can a husband or wife make attentive listening visible to a spouse?

Learning Objective

By the end of the lesson, participants will identify two observable listening behaviors and select one behavior to practice during a conversation with their spouse.

Assessment

Participants will complete an application statement that identifies:

- One observable listening behavior
- One conversation in which the behavior will be used
- When the conversation will occur
- How the spouse will be able to recognize the behavior

The facilitator will also ask participants to answer the essential question before the session concludes.

Biblical Foundation**James 1:19**

“Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath.”

Proverbs 18:13

“He that answereth a matter before he heareth it, it is folly and shame unto him.”

Philippians 2:4

“Look not every man on his own things, but every man also on the things of others.”

Main Blueprint Principle

A husband or wife may believe they are listening while the spouse experiences the conversation differently. Listening becomes recognizable when it is expressed through observable behaviors.

These behaviors may include:

- Removing distractions
- Looking toward the speaker
- Allowing the speaker to finish
- Asking a clarifying question
- Restating the main point
- Confirming what was heard
- Waiting before offering a defense
- Remembering an important detail
- Following through on an agreed action

The Blueprint approach helps participants move beyond general intentions by identifying specific behaviors that can be understood, practiced, observed, and evaluated.

Materials Needed

- Bible
- Leader Guide
- Participant worksheet
- Pens
- Presentation slide or whiteboard
- Timer
- Sample conversation scenario
- Application card
- Participant feedback form

Leader Preparation

Before leading the lesson:

- ☐ Review the essential question.
- ☐ Review the learning objective.
- ☐ Read the biblical passages.
- ☐ Practice the ineffective listening demonstration.
- ☐ Practice the effective listening demonstration.
- ☐ Prepare the participant worksheets.
- ☐ Review the discussion questions.
- ☐ Confirm the session timeline.
- ☐ Review confidentiality expectations.
- ☐ Review participant safety and referral procedures.
- ☐ Pray for the participants.

Room Preparation

- ☐ Arrange chairs so participants can see the facilitator.
- ☐ Seat spouses beside one another when appropriate.
- ☐ Place materials at each seat.
- ☐ Test presentation equipment.
- ☐ Minimize unnecessary distractions.
- ☐ Provide enough space for private couple discussion.
- ☐ Confirm the room temperature and lighting.
- ☐ Display the essential question.

Session Overview

Welcome and Introduction

5 minutes

Essential Question and Objective

5 minutes

Biblical Teaching

10 minutes

Facilitator Modeling

10 minutes

Guided Reflection

10 minutes

Private Couple Practice

15 minutes

Application and Assessment

10 minutes

Leader Debrief and Closing

10 minutes

Part One: Welcome and Introduction

Facilitator Script

Welcome to this Sample Blueprint Lesson. Today, you will experience a shortened version of the type of structured learning that may be used within a Blueprint Series™ marriage ministry program.

The purpose is not only to discuss listening. It is also to help you observe how a Blueprint lesson moves participants from biblical instruction to practical application.

You will experience a clear essential question, a learning objective, facilitator modeling, guided practice, private reflection, assessment, and feedback.

Group Expectations

Review the following expectations before beginning:

- Speak respectfully.
- Allow others to finish speaking.
- Protect participant privacy.
- Do not publicly criticize your spouse.
- Share only what you are comfortable sharing.
- Focus on your own growth.
- Avoid turning the lesson into public counseling.
- Request private follow-up when needed.

Facilitator Statement

This lesson includes private couple reflection, but no participant will be required to disclose personal marital details publicly.

Part Two: Essential Question and Objective

Display the essential question:

How can a husband or wife make attentive listening visible to a spouse?

Ask participants to consider the question silently.

Then state the learning objective:

By the end of this lesson, you will identify two observable listening behaviors and select one behavior to practice during a conversation with your spouse.

Facilitator Emphasis

The objective does not ask whether you consider yourself a good listener. It asks you to identify a behavior your spouse can actually observe.

Part Three: Biblical Teaching

Read James 1:19.

Ask:

What order does this verse establish?

Possible responses:

- Hearing comes before speaking.
- Speaking should not be rushed.
- Emotional reactions should be slowed.
- Listening requires discipline.

Read Proverbs 18:13.

Ask:

What can happen when a person responds before fully hearing?

Possible responses:

- The response may address the wrong concern.
- The speaker may feel dismissed.
- Assumptions may replace understanding.
- The conversation may become defensive.
- The disagreement may grow.

Teaching Point

Listening is not merely remaining silent.

A person may remain quiet while:

- Preparing a rebuttal
- Making assumptions
- Ignoring the speaker's meaning
- Waiting for a chance to interrupt
- Planning a defense

- Mentally leaving the conversation

Attentive listening requires visible action.

Five Observable Listening Behaviors

Behavior One: Remove Distractions

Examples:

- Put away the phone.
- Turn off the television.
- Pause another activity.
- Move to a quieter location.
- Agree on a better time when necessary.

Behavior Two: Allow Completion

Examples:

- Do not interrupt.
- Do not complete the spouse's sentence.
- Do not immediately correct a detail.
- Allow the entire thought to be expressed.

Behavior Three: Ask for Clarification

Examples:

- What do you mean by that?
- Can you give me an example?
- Which part concerns you most?
- What would be helpful to you?

Behavior Four: Restate the Message

Examples:

- What I hear you saying is...

- It sounds like your main concern is...
- Let me make sure I understand...
- You are asking me to consider...

Behavior Five: Respond After Understanding

The listener waits until the speaker confirms that the message has been understood before explaining, defending, correcting, or solving.

Blueprint Observation

The Blueprint Series™ focuses on behaviors that can be:

- Described
- Demonstrated
- Practiced
- Observed
- Discussed
- Assessed
- Improved

“Listen better” is a general intention.

“Put away my phone and restate my spouse’s main point before responding” is an observable action.

Part Four: Facilitator Modeling**Sample Scenario**

One spouse says:

I was disappointed when the plans for Saturday changed before we had an opportunity to discuss them.

Ineffective Listening Demonstration

The listener responds:

I did not know it was that serious. You always make it seem as though I never consider you.

Group Reflection

Ask:

- What did the listener do?
- What did the listener fail to do?
- Was the speaker's concern confirmed?
- What assumption entered the conversation?
- What might happen next?

Possible Observations

- The listener became defensive.
- The response shifted away from the original concern.
- The listener introduced an accusation.
- The speaker's meaning was not clarified.
- The conversation may escalate.

Effective Listening Demonstration

The listener responds:

Let me make sure I understand. You were disappointed because the Saturday plans changed before we discussed how the change would affect both of us. Is that correct?

The speaker replies:

Yes. I wanted us to make the decision together.

The listener responds:

I understand. You are asking that we discuss changes that affect both of us before the decision is final.

Group Reflection

Ask:

- What listening behaviors were visible?
- Did the listener immediately agree?
- What was clarified?
- How might this response affect the conversation?

Facilitator Emphasis

Understanding and agreement are not the same. A spouse can accurately understand a concern before deciding how to respond.

Part Five: Guided Reflection

Ask participants to complete the following individually.

My Current Listening Habits

When my spouse speaks about an important concern, I usually:

- ☐ Give full attention.
- ☐ Continue another activity.
- ☐ Interrupt to explain.
- ☐ Ask clarifying questions.
- ☐ Assume I already understand.
- ☐ Restate the main point.
- ☐ Offer a solution quickly.
- ☐ Become defensive.
- ☐ Wait until my spouse finishes.
- ☐ Remember important details.

One Listening Strength

One Listening Behavior I Need to Strengthen

One Distraction I Need to Remove More Consistently

One Sentence I Can Use to Confirm Understanding

Part Six: Guided Group Practice

Read the following statement:

I have been trying to talk about our schedule, but the conversation keeps getting delayed.

Ask participants to create a listening response using:

What I hear you saying is...

Possible response:

What I hear you saying is that you have been trying to discuss our schedule and the repeated delays are becoming frustrating.

Ask participants to create one clarifying question.

Possible questions:

- Which part of the schedule needs our attention first?
- What decision needs to be made?
- When would be a good time for us to discuss it?
- How has the delay affected you?

Facilitator Feedback

Affirm responses that:

- Address the original concern
- Avoid accusation
- Avoid defensiveness
- Ask one clear question
- Seek understanding
- Do not add assumptions

Redirect responses that:

- Introduce blame
- Defend too quickly
- Minimize the concern
- Change the topic
- Offer a solution before understanding
- Include sarcasm

Part Seven: Private Couple Practice**Facilitator Instructions**

You will now complete a short listening activity privately with your spouse. Select a low-risk topic. Do not choose a major unresolved conflict for this practice.

Suggested topics:

- A scheduling preference
- A household responsibility
- An upcoming family activity
- A personal goal
- A way to spend time together

- A small decision
- A recent positive experience

Round One

Speaker

Speak for no more than two minutes.

Use one or more of the following statements:

- One thing I would like us to discuss is...
- One preference I would like you to understand is...
- One small adjustment that may help us is...
- One idea I would like us to consider is...

Listener

- ☐ Remove distractions.
- ☐ Allow the speaker to finish.
- ☐ Restate the main point.
- ☐ Ask one clarifying question.
- ☐ Confirm the speaker's meaning.

Speaker Confirmation

- ☐ My spouse understood my main point.
- ☐ My spouse understood part of my point.
- ☐ I need to clarify my point.

Round Two

Switch roles and repeat the activity.

Facilitator Reminder

You will not be asked to share the details of your conversation. The group discussion will focus only on the listening process.

Part Eight: Couple Reflection

Complete together.

Which Listening Behavior Was Most Helpful?

Which Behavior Required the Most Effort?

What Helped the Speaker Feel Heard?

What Made It Difficult to Wait Before Responding?

What Should We Practice Again?

Part Nine: Personal Application

Husband's Application

One listening behavior I will practice:

The conversation in which I will practice it:

I plan to have the conversation on:

My wife will be able to recognize the behavior when I:

Wife's Application

One listening behavior I will practice:

The conversation in which I will practice it:

I plan to have the conversation on:

My husband will be able to recognize the behavior when I:

Part Ten: Assessment

Return to the essential question:

How can a husband or wife make attentive listening visible to a spouse?

Written Response

Name two observable listening behaviors.

1.

2.

Explain how one of these behaviors may improve a conversation.

Assessment Criteria

A complete response should:

- ☐ Identify two observable behaviors.
- ☐ Focus on actions rather than intentions.
- ☐ Explain how the behavior supports understanding.
- ☐ Include a practical application.

Sample Acceptable Responses

- Put away distractions and restate the spouse's main concern before responding.
 - Allow the spouse to finish and ask a clarifying question.
 - Give full attention and confirm what was heard.
 - Wait before defending and ask what the spouse wants understood.
 - Remember an agreed action and follow through.
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Facilitator Feedback

Suggested Group Feedback

Today, you identified that listening becomes recognizable through behavior. A spouse cannot directly observe your intention to listen, but a spouse can observe whether you put away distractions, allow the message to be completed, ask for clarification, restate the main point, and wait before responding.

The goal is not perfect communication. The goal is one intentional, observable improvement.

Leader Experience Debrief

After participants complete the sample lesson, transition into a ministry-leader discussion.

Debrief Question One

What did you observe about the structure of the lesson?

Debrief Question Two

How did the essential question focus the session?

Debrief Question Three

How did the learning objective make the expected outcome clear?

Debrief Question Four

What value did the facilitator demonstration provide?

Debrief Question Five

How did private couple practice protect participant privacy?

Debrief Question Six

How did the assessment determine whether learning occurred?

Debrief Question Seven

What preparation would a church facilitator need before leading this lesson?

Debrief Question Eight

How could this lesson be adapted for your church?

What Leaders Experienced

During this sample lesson, leaders experienced:

A Clear Focus

The essential question established the central issue.

A Measurable Outcome

The objective identified what participants should be able to do.

Biblical Instruction

Scripture provided the foundation for the lesson.

Facilitator Modeling

Participants observed the difference between ineffective and effective behavior.

Guided Practice

Participants practiced with support before applying the skill privately.

Protected Couple Discussion

Spouses discussed a topic without being required to report personal details.

Personal Application

Each participant selected an observable next step.

Assessment

The facilitator checked whether participants could answer the essential question.

Feedback

Participants received clarification and encouragement.

Blueprint Teaching Framework

A complete Blueprint lesson may follow this structure:

1. Essential Question

What central question should participants be able to answer?

2. Learning Objective

What should participants be able to identify, explain, demonstrate, or apply?

3. Biblical Foundation

Which Scripture establishes or supports the principle?

4. Explanation

What does the principle mean?

5. Modeling

What does the principle look or sound like in practice?

6. Guided Practice

How can participants practice with facilitator support?

7. Couple Application

How will husbands and wives apply the principle privately?

8. Assessment

How will the facilitator determine whether the objective was achieved?

9. Feedback

What clarification and encouragement should participants receive?

10. Follow-Up

How will participants continue applying the lesson?

Leader Readiness Reflection

Rate your readiness using the following scale:

- 1 — Not Ready
- 2 — Beginning
- 3 — Developing
- 4 — Ready With Support
- 5 — Ready to Facilitate

Leadership Skill	Rating
Explain the lesson purpose	
State the essential question	
State the learning objective	
Teach the biblical foundation	
Demonstrate the skill	
Ask effective discussion questions	
Guide couple practice	
Protect participant privacy	
Assess participant understanding	
Provide appropriate feedback	
Recognize when follow-up is needed	
Remain within facilitator boundaries	

Leader Preparation Needs**Areas in Which I Feel Confident**

Areas in Which I Need Training

Resources I Would Need

- ☐ Complete Leader Guide
- ☐ Participant workbook
- ☐ Presentation slides
- ☐ Facilitator training
- ☐ Demonstration videos
- ☐ Discussion questions
- ☐ Assessment tools
- ☐ Safety and referral training
- ☐ Promotional materials
- ☐ Pastoral support
- ☐ Other: _____

Church Application Discussion**Which Audience Could Benefit From This Lesson?**

- ☐ Married couples
- ☐ Newly married couples

- ☐ Long-term married couples
- ☐ Engaged couples
- ☐ Husbands
- ☐ Wives
- ☐ Ministry leaders
- ☐ Couple mentors
- ☐ Small-group participants
- ☐ Community couples

Which Format Would Best Fit Our Church?

- ☐ Sunday school class
- ☐ Weeknight workshop
- ☐ Small group
- ☐ Marriage retreat
- ☐ Couples conference
- ☐ Men's ministry session
- ☐ Women's ministry session
- ☐ Online program
- ☐ Hybrid program
- ☐ Leadership training

Recommended Session Length

- ☐ 45 minutes
- ☐ 60 minutes
- ☐ 75 minutes
- ☐ 90 minutes
- ☐ Two hours

Potential Facilitator

Potential Program Date

Number of Couples We Could Serve

Sample Implementation Plan

Step One: Secure Pastoral Approval

Proposed Date: _____

Responsible Person: _____

Step Two: Select the Program Format

Selected Format: _____

Step Three: Identify and Train Facilitators

Facilitator or Facilitators:

Training Date: _____

Step Four: Prepare Materials

Materials Needed:

Step Five: Promote the Program

Promotion Begins: _____

Registration Opens: _____

Registration Deadline: _____

Step Six: Facilitate the Lesson

Program Date: _____

Time: _____

Location: _____

Step Seven: Evaluate

Evaluation Date: _____

Responsible Leader: _____

Step Eight: Follow Up

Follow-Up Date: _____

Next-Step Opportunity: _____

Participant Feedback Form**Sample Blueprint Lesson**

Use the following scale:

1 — Strongly Disagree

2 — Disagree

3 — Not Sure

4 — Agree

5 — Strongly Agree

Statement**Rating**

The purpose of the lesson was clear.

The essential question focused the discussion.

The biblical teaching supported the lesson.

The examples were easy to understand.

The facilitator modeling was helpful.

The couple activity was practical.

Statement**Rating**

Participant privacy was protected.

The assessment matched the lesson objective.

I identified a practical next step.

This lesson could benefit couples in our church.

Most Helpful Part

Area Needing More Explanation

Recommended Change

Should Our Church Offer a Blueprint Series™ Program?

☐ Yes

☐ No

☐ Maybe

☐ Additional information is needed

Facilitator Evaluation

Program Date: _____

Facilitator: _____

Observer: _____

Facilitator Practice**Rating 1–5**

Clearly introduced the lesson

Explained the essential question

Stated the objective

Connected Scripture to the topic

Modeled the listening behaviors

Asked focused questions

Encouraged participation

Protected participant privacy

Managed time effectively

Completed the assessment

Provided useful feedback

Explained appropriate next steps

Strengths

Needed Improvement

Additional Training Recommended

Facilitator Boundaries

The facilitator should:

- Teach approved content
- Guide discussion
- Protect privacy
- Encourage application
- Assess understanding
- Provide general feedback
- Identify support needs
- Follow church reporting procedures

The facilitator should not:

- Diagnose marriages
- Force disclosure
- Take sides
- Conduct therapy
- Provide legal advice
- Publicly resolve private conflicts
- Promise absolute confidentiality
- Manage serious safety concerns alone
- Operate outside pastoral oversight

Sensitive Situations

Stop the public discussion and follow church procedures when a participant reports:

- Physical violence
- Threats
- Fear of a spouse

- Sexual coercion
- Child abuse
- Stalking
- Suicidal thoughts
- Serious addiction
- Immediate danger
- Severe emotional distress

The group lesson is not the appropriate setting to investigate or resolve serious safety concerns.

Optional Take-Home Activity

Fifteen-Minute Listening Conversation

Schedule one uninterrupted 15-minute conversation.

During the conversation:

- ☐ Select a low-risk topic.
- ☐ Remove distractions.
- ☐ Allow one spouse to speak first.
- ☐ Listen without interrupting.
- ☐ Restate the main point.
- ☐ Ask one clarifying question.
- ☐ Confirm understanding.
- ☐ Switch roles.

Follow-Up Reflection

What listening behavior helped most?

What should we practice again?

What will we change during our next conversation?

Closing Prayer

Lord, thank You for the opportunity to learn and grow. Help us become swift to hear, slow to speak, and careful in our responses. Give us wisdom as we consider how these resources may serve couples within our church. Prepare leaders who will teach faithfully, guide responsibly, protect participants, and support stronger marriages. In Jesus' name, amen.

Final Blueprint Lesson Principle

A Blueprint lesson does more than provide marriage information.

It helps participants:

- See the principle
- Understand the principle
- Practice the principle
- Apply the principle
- Evaluate the principle
- Continue using the principle

The essential question gives the lesson focus. The learning objective defines the expected result. Biblical teaching establishes the foundation. Modeling makes the behavior visible. Guided practice supports skill development. Private couple application protects dignity and encourages relevance. Assessment determines whether learning occurred. Feedback strengthens understanding. Follow-up supports continued growth.

The goal is not simply for church leaders to hear about the Blueprint Series™. The goal is for leaders to experience how a Blueprint lesson can help husbands and wives move from biblical understanding to practical marital action.