



CHAD ROBICHAUX
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FIGHT FOR US

WIN BACK THE MARRIAGE
GOD INTENDS FOR YOU

A PDF COMPANION TO THE AUDIOBOOK

Fight for Us

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CHAPTER 1

NEVER QUIT ON US

DISCUSSION

- When you first met, what were you most attracted to about each other? Why did you fight for your (future) spouse instead of for someone else?
- What are some of your hopes for your marriage?
- Discuss the Rules of Engagement. How can you honor them as you go through this book?

AFFIRMATION

You are worth fighting for. *We* are worth fighting for. I am committed to our marriage. I recognize that we have challenges to overcome, but we will persevere together. You are important to me, and because I love you, I will not quit. I will fight for us. I will fight for our family. I will fight for our future together.

ACTION

Write out your responses to one or more of the following prompts on a piece of paper. Post the paper where you will see it often, such as a bathroom mirror or a refrigerator.

- The qualities I am most attracted to in my spouse are . . .
- A dream we share for our marriage is . . .
- The phrase I want to remember from the affirmation above is . . .

CHAPTER 2

THE SOURCE OF LOVE

DISCUSSION

- We've all made mistakes, experienced hurt, and been disappointed in life. How have such events shaped the way you experience love in your relationship?
- In what ways, if any, have you expected your spouse to give you the kind of fulfillment that only God can give?
- In what ways would you like your spouse to support you in remaining connected to God?

AFFIRMATION

You are worthy of love. *You* are worthy of God's love and my very best love. We are both products of his perfect love, and we are capable of loving each other well. Since you mean so much to me, I will strive

daily to love you as Christ loves us, and I will fight to love you with excellence and purity. We are two imperfect people who will be a testament of God's perfect love.

ACTION

Love is sacrificial. It cost God everything when he gave his only Son for us. Love spoken is empty without love demonstrated. Every day for the next seven days, find at least one way to demonstrate your love for your spouse. It might be as simple as taking on one of your spouse's chores, giving your spouse your undivided attention (devices off and out of sight), or doing something fun and spontaneous together.

CHAPTER 3

FULLY COMMITTED

DISCUSSION

- How do you feel about the prospect of allowing a mentor or friend to challenge you to live a more godly life? How do you feel about mentoring someone and helping them to live a more godly life?
- Briefly identify and list three to five friends. In what ways, if any, is each person a friend to your marriage? In what ways, if any, is each person a bad influence?
- Being fully committed means letting go of anything—relationships, behaviors, attitudes—that does not benefit your relationship. What might you have to let go of to be fully committed to your marriage?
- How would you describe your commitment to your spouse to refocus your priorities?

AFFIRMATION

God never called us to live in isolation or to battle alone. He has given us the wisdom and willpower to address the hard issues in life. But we need to do it as a team, husband and wife, surrendered to God.

ACTION

- When you notice your spouse drifting, draw near to them with compassion and love. This is part of your commitment as a couple, to be present when one of you is suffering or when life becomes challenging.
- Identify ways you can increase your commitment to your marriage using the following as your baseline:
 - › Commit the past to God through mutual forgiveness. Talk with your spouse and mentors about how you can most effectively address this issue.
 - › Commit to the future of your marriage through godly marriage mentorship.
 - › Commit to being authentic with each other. Consider this question as a starting place: *How can I best be authentic with you, so my commitment is known and I am not passive in addressing the challenges we face?*
- If you named any relationships, behaviors, or attitudes that are not good for your marriage in the discussion section above, identify at least one step you will take within the next week to let go of

whatever that is. You demonstrate commitment when you surrender anything that is not leading you closer to Christ and to having a better marriage.

CHAPTER 4

PREPARE FOR BATTLE

DISCUSSION

- As you look back over your marriage, when would you say you fell victim to complacency? What were the warning signs, and how did you respond?
- In what ways has the Enemy used selfishness and pride to undermine your marriage in the past and recently?
- Briefly review the four strategies for overcoming pride in your marriage. Which strategy would most benefit your marriage right now?

AFFIRMATION

We serve a God of love. He does not change. The battles of this life will require us to depend on him to be our strength and on his presence to be our guide.

We claim the promise that God's mercies are new every morning (Lamentations 3:22–23), and we shake off any complacency and repent of any selfishness. We are selfless lovers, and we actively pursue Jesus and each other. We fight for each other.

ACTION

- Set a time to pray for your spouse every day. This is one way to break out of spiritual complacency in your marriage.
- Think of one way you can serve your spouse this week and do it with joy and love. The only way to defeat selfishness in your marriage is to actively and consistently serve your spouse selflessly. Service is the antidote to selfishness.
- Be on the lookout for one way pride may be seeping into your heart and mind. Write it down and submit it to God, asking him to help you overcome it and to lead your marriage to Christ.

CHAPTER 5

OVERCOMING EVIL

DISCUSSION

- In speaking about marriage, Jesus said, “What God has joined together, let no one separate” (Mark 10:9). In what ways has a past evil been getting in the way of your relationship with God or your spouse?
- What present evils or sins do you need to guard your heart against? Consider your own sinful tendencies and behaviors as well as evil you face in this world.
- In what ways have you experienced or witnessed the power of forgiveness? How might practicing forgiveness help you to overcome evil as a couple?

AFFIRMATION

We claim the promise that God can make all things new in our marriage. We refuse to allow the evils we’ve

encountered to dictate our joy, our peace, or the health of our marriage. We are resilient, and we forge ahead in God's strength and power. We are more than conquerors through Jesus, and we will overcome evil with good. We commit to forgiving each other and continuing to love each other as God strengthens our marriage.

ACTION

- When you see evil at work, name it. Say to each other, "Our Enemy is the evil, not each other." Then join forces to fight the evil together.
- Identify and acknowledge the ways you've sinned against each other and practice forgiveness. Follow these steps:

For the person who has sinned

- › Verbalize to God and your spouse your sorrow for what you have done.
- › Admit you were wrong and express your desire to act differently.
- › Ask God and your spouse to forgive you.
- › Be patient and understand that forgiveness isn't always instantaneous; sometimes it is a process.

For the person who has been sinned against

- › Ask God to show you how he sees your spouse.
- › Listen to your spouse's heart, even if the words are not exactly what you hope to hear.

- › Say “I love you, and I forgive you,” or “I love you, and I am willing to forgive you, but I’m not there yet.”

For both of you

- › Give your situation to God and ask for his help—daily.
 - › Discuss how you want to respond to this issue if it comes around again.
-
- Consider making the act of forgiveness more tangible through an external representation of what you’re doing in your heart. You could write down the burden, debt, or evil you have forgiven on slips of paper. Place each one in a jar to symbolize that you are giving them to God. If hard feelings surface, surrender them to God. Ask him for the strength you need to leave that issue in his hands, and trust him to make it right in his way and in his time.

CHAPTER 6

LIFE PIVOT

DISCUSSION

- How open are you to healthy change in your marriage? Use a scale of one to ten, with one being “not at all open” and ten being “completely open.” Share the reasons for the number you chose and discuss whether it may be beneficial to seek the assistance of a Christian counselor.
- If you could pivot to make one change in your marriage, what would it be? How would your life be different if you made this change together?
- In what ways are you intentional about seeking God right now? What pivot decisions might you make to move even closer to God together?
- What is your vision for your marriage?

AFFIRMATION

God did not call us to holiness and then leave us powerless to live a holy life. He has equipped us with the power of the Holy Spirit to guide us, comfort us, and lead us. Through the power of God, we can address the hard places in life and pivot when necessary. To the best of our ability, we commit to leaving the past behind and pressing on toward the good future God has for us.

ACTION

The apostle Paul said, “He has saved us and called us to a holy life—not because of anything we have done but because of his own purpose and grace. This grace was given us in Christ Jesus before the beginning of time” (2 Timothy 1:9). It is by the grace of God and for his own purpose, although we may not recognize it at the time, that we are able to make life pivots at our points of greatest pain. Pivoting is not going to be comfortable at first. But you and your spouse must work together, for each other, to fight through bad decisions, bad habits, addictions—whatever it takes—to strive for a holy life as a couple.

Get specific about what habits you need to break and what habits you need to develop to make this pivot in your marriage. Discuss and write out three bad habits you need to eliminate from your lives and three healthy habits you can commit to building and developing in your lives.

CHAPTER 7

FUEL FOR THE FIGHT

DISCUSSION

- Which of the four sources of fuel—loving like Jesus, living like Jesus, resting like Jesus, leading like Jesus—do you feel you need most in your marriage right now? Share the reasons for your response.
- We need proper rest to fuel us for the battles in this life. What practical changes can you make to be more intentional about consistently getting adequate sleep?
- Being mutually committed to Christ as husband and wife means keeping your hearts tender and responsive to his teaching and leadership in your lives. What, if anything, has hardened your heart toward each other or made you less responsive to Christ? How do you think your relationship might change if your hearts were tender toward Jesus? Discuss any

changes you plan to make to be more responsive to Jesus' teaching and leadership in your lives.

AFFIRMATION

We choose to surrender to Christ, and we do so together, daily. You are worthy of my selfless love. I commit to loving you as Jesus loves us. We are both recipients of his love and grace, and we will live as he taught us to live. We will be intentional about fueling our relationship in the way Jesus modeled for us. We can love like Jesus, live like Jesus, rest like Jesus, and lead like Jesus. In all these ways and more, we will live out our commitment to Christ and to each other, so we can be victorious in fighting for what matters most.

ACTION

The decisions and actions of yesterday are over. This is a new day, with new fuel for the fight and hearts surrendered to the Creator. It will require your complete surrender to Jesus to remain a vessel full of heaven's fuel for the fight. Write a few ways you can experience victory over the challenges of life together and how you can best prepare for conflict in this area.

CHAPTER 8

ACCESSING THE POWER

DISCUSSION

- How would you describe the current CAS available to you, both as individuals and as a couple? What support systems do you have in place?
- In what ways, if any, might God be inviting you to relinquish control in your marriage and to walk by flashlight faith?
- In what ways has the devil used his favorite tool to come between you and your spouse? Consider past as well as recent examples. Also reflect on how his strategy changes or remains the same during times of crisis or stress.
- What spiritual disciplines might you begin to practice as a couple? Set realistic and achievable goals to create momentum for practicing these disciplines.

AFFIRMATION

God is my primary support system, but I am thankful he has also given us each other to navigate through this life together. Because of the Holy Spirit, we have the power to live a victorious life and have a thriving marriage. I promise to honor you and cling to you in crisis, to devote my life to becoming more Christlike, and to be present for you in times of peace and in times of tribulation. Until death do us part, I give you my heart, and, together, we present our lives to God.

ACTION

- Wherever you find yourself at this moment, create a plan now for CAS—with God, each other, and mentors/friends. Identify two or three steps you will take over the next week to implement your plan.
- Choose one or two spiritual disciplines and make a plan to practice them consistently together for twenty-one days. Secure any resources you might need and block out time on your calendar. At the end of twenty-one days, reflect on what you've learned and make any necessary adjustments. Then keep practicing.

CHAPTER 9

JESUS FIRST . . . ALWAYS

DISCUSSION

- The stories of what God has done for us have spiritual power. Scripture states that our testimonies have the power to help us triumph over Satan (Revelation 12:11). How would you tell the story of your marriage right now? What is the testimony you want to share about your marriage?
- Jesus defined servant leadership when he said, “Whoever wants to become great among you must be your servant, and whoever wants to be first must be your slave—just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many” (Matthew 20:26–28). For Christians, all leadership is servant leadership. In what ways do you want to practice this kind of leadership in your home?

- What marriage roles did you witness growing up? In what ways was that model positive or negative? How has it influenced your expectations for your own marriage?
- In what ways, if any, do you want your marriage roles to change?

AFFIRMATION

I am here. I choose to be present with you. You have my undivided attention in this moment. I promise to serve you with excellence, to honor you, and to honor God. You deserve the best from me. You come second to God alone. For the rest of our days together, I commit my life to serving you, loving you, and giving my life for you as a daily and living sacrifice to our Lord. He is Lord of my mind, my heart, and my body, and he is Lord of our marriage. He is second to none, and we are second to him.

ACTION

I talk to a lot of couples who go to bed with their smartphones in hand. As I travel the country, I see so many sad images of couples eating dinner with both of them looking at their phones. This is one way to evaluate what takes first place in your life, what comes before your relationship with God or your spouse. We've covered a lot of ground to this point, and you have been

given a lot of tools. Note some things you can remove from your life to make room for these new tools, to make space for a better relationship with God and for a healthier marriage. For example, monitor your screen time. Eliminate the phone use in your bedroom and at the dinner table. Be present. That's the best way to put the person in front of you before yourself.

CHAPTER 10

STRENGTH FOR ALL SEASONS

DISCUSSION

- When have you found yourself on an X in your marriage, recently or in the past? How did you respond? What, if anything, would you change if you could go back and do things differently?
- What price have you had to pay as a result of trauma? In what ways, if any, does past trauma continue to exact a toll on you and your family?
- From whom are you most likely to isolate when you are in pain? For example, your spouse, family, God and his Word, doctors, counselors, other caregivers. What would you like your spouse to do or not do to create a safe place for you at home?
- What, if anything, stands in the way of you fighting for your marriage?

AFFIRMATION

I will fight for you. I will fight for us. I am grateful for the sacrifices you have made. Our God is a God of hope, and I trust him with our lives and our marriage. I will not try to fix you. I will be with you and support you as you heal. I am with you through all seasons of this life. Now and in all the coming seasons, I promise to serve you, to honor our marriage, and to let God do what only he can do.

ACTION

If you went to the gym for one day and spent twelve hours working out as intensely as possible, you would hope the results would show in the mirror. The reality is that the person who spends twenty minutes a day in the gym four or five days a week, consistently for years, along with healthy eating habits, is the one who sees results. You cannot exercise once and expect to have ripped abs. In the same sense, your marriage cannot be saved by reading a book, putting it down, and going back to the way things were before. Your strength for all seasons of life is rooted in relationship with Christ. If you don't know him as Lord, or as Savior, change that right now.

APPENDIX A

WISDOM AND HEALTHY HABITS FOR MARRIAGE

A FEW YEARS BACK, MY COAUTHOR ADAM DAVIS met two chaplains from the Billy Graham Evangelistic Association, Dianne and Kevin Krylo. While Adam and the Krylos were ministering to first responders in Texas, Kevin gave Adam a piece of paper detailing two simple tools he and Dianne used to counsel and minister to couples over the years. They were questions for drawing closer to each other and ten habits of happy couples. Although Kevin died in 2020 after a battle with cancer, we are blessed to have Dianne's permission to share these powerful tools with you. Kevin and Dianne, this is for your legacy—a legacy of kingdom work that lives on.

Questions for Drawing Closer to Each Other

Three questions about last week

- What did I do to make you feel loved this week?
- How did I do at showing my appreciation for you?
- Did you see any answered prayers this past week?

Three questions for the weekend

- What burden are you carrying that we can manage together?
- What will we do this weekend to focus on our marriage?
- How would you best feel pursued by me?

Three questions about next week

- What does the coming week look like for you?
- What's the best thing I can do to let you know that you are my priority and my joy?
- How can I pray for you in the coming week?

Bonus

- How do you see God at work in my/our life?

Ten Habits of Happy Couples

1. Pray together every day; meaningful, uninterrupted prayer.
2. Say “I love you” and “Have a good day” every morning.
3. Cultivate common interests.
4. Walk hand in hand or side by side.
5. Be proud to be seen with your spouse.
6. Make trust and forgiveness your default mode.
7. Focus more on what your partner does right than what your partner does wrong.
8. Do a “weather check” during the day; call to see how your spouse is doing.
9. Hug each other for two minutes as soon as you see each other after work. Say good night every night, regardless of how you feel.
10. Go to bed at the same time whenever possible.

APPENDIX B

NINE TIPS FOR BUILDING A STRONGER MARRIAGE

1. Attend church together.
2. Pray together daily.
3. Spend twenty minutes a day in face-to-face dialogue.
4. Read the Bible together at least once a week.
5. Let your children know that both of you need time alone together.
6. Commit to making important decisions together.
7. When running errands together, turn off the radio in the car (or other electronic devices if walking) and talk to each other.
8. When traveling together, don't take work on the plane or the road. Spend time talking instead.

9. Continue dating:

- Set aside regular times to continue developing your romance. Having an evening or an afternoon out together twice a month is a good start.
- Arrange for a quiet evening at home together once a month.
- Hire a babysitter to watch the kids for a couple of hours even though you are home. This works wonders!
- Work out a deal with another couple to trade off watching each other's kids overnight so you can both have an evening alone.