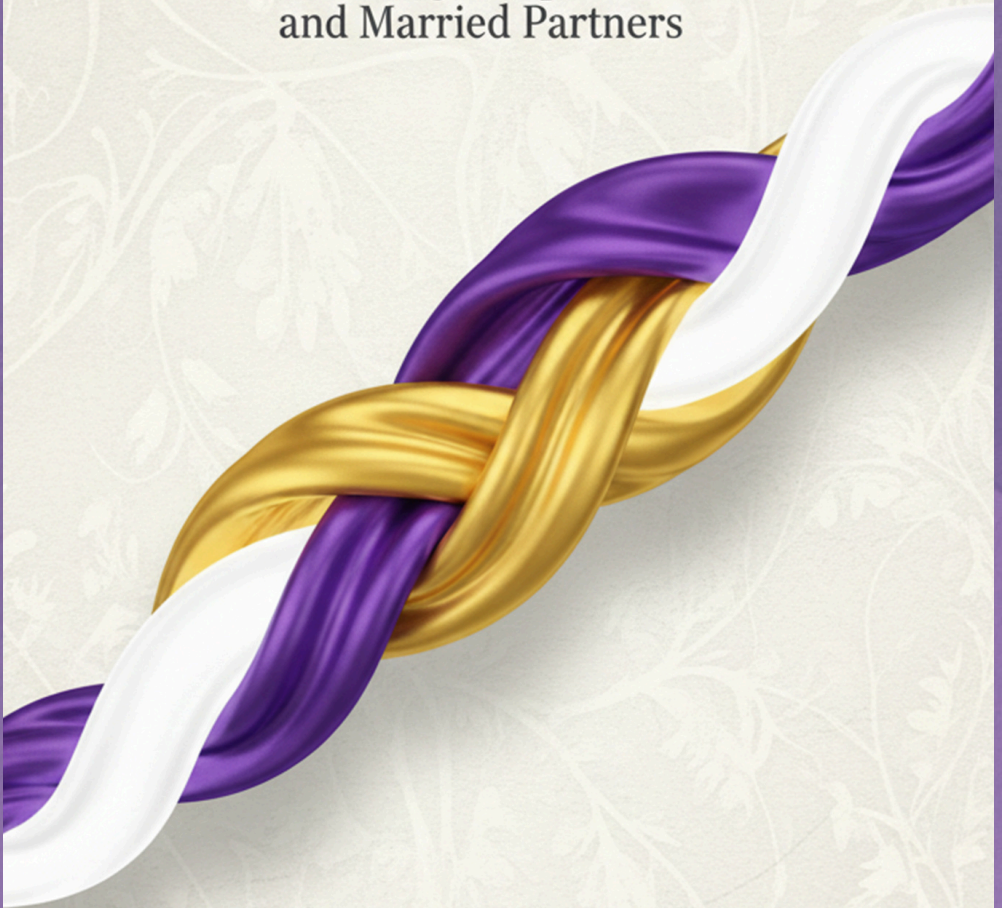


The 7 Core Conversations for a Covenant Relationship

A Foundational Guide for Singles,
Dating Couples,
and Married Partners



Apostle Elisha & Coach Purity Wako



VOWS & VISIONS

The Covenant Journey

The 7 Core Conversations for a Covenant Relationship

Copyright © 2025 by Elisha & Purity Wako. All rights reserved.

Published by **Vows and Visions** Publishing,
Kampala, Uganda.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

All Scripture quotations are taken from the King James Version (KJV) unless otherwise noted.

ISBN: [978 – 9970 – 554 – 09 – 6]

Table of Contents

A Letter from Our Hearts	<u>6</u>
Introduction: The Power of Intentional Conversation	<u>8</u>
Conversation 1: The Vision	<u>10</u>
<i>(Our Shared Purpose & Dreams)</i>	
Conversation 2: The Values	<u>13</u>
<i>(Our Guiding Principles)</i>	
Conversation 3: The Money	<u>16</u>
<i>(Our Stewardship & Strategy)</i>	
Conversation 4: The Conflict	<u>19</u>
<i>(Our Rules of Engagement)</i>	
Conversation 5: The Intimacy	<u>22</u>
<i>(Our Connection Plan)</i>	
Conversation 6: The Baggage	<u>25</u>
<i>(Our History & Healing)</i>	

Table of Contents

Conversation 7: The Legacy 28
(Our Generational Impact)

Your Journey Continues..... 31

A Letter from Our Hearts

Dearest Friend,

Welcome! Whether you hold this guide with a heart full of hope for a future spouse; whether your hand is intertwined with the one you hope to build a future with (dating); or whether you are nurturing a long-cherished marriage and seeking to deepen your bond—you are in the right place.

In our many years of ministry, we have seen that the strongest, most resilient, and most joyful relationships are not built on fleeting romance or compatibility alone. They are forged in the fire of intentional, honest, and courageous conversation(s).

A covenant is not a contract that can be broken; it is a living, breathing promise. But for that promise to thrive, it must be nurtured. It must be cultivated through a shared understanding that only comes from true communication—from a willingness to explore the deepest parts of your own heart and the heart of your partner.

A Letter from Our Hearts

The world teaches us to talk about our interests, our jobs, and our plans for the weekend. God calls us to a deeper level of connection. He invites us to build a "three-fold cord" that cannot be easily broken, and that cord is woven together through conversations of substance and spirit.

In this guide, we have distilled our life's work into seven conversations that we believe are absolutely essential for any relationship that aims to be a lifelong, legacy-building covenant. This is where the real work of love begins. This is where a house becomes a home, and a couple becomes a covenant.

May it be the counsel of God you perceive in these few pages . . .

In His Service,

Apostle Elisha & Coach Purity Wako

Introduction: The Power of Intentional Conversation

Before we dive into the seven conversations, it is crucial to understand the spirit in which they should be approached. These are not interrogations or debates to be won. They are journeys of discovery, requiring three key virtues:

- **Humility:** The willingness to listen more than you speak and to value your partner's perspective as much as your own.
- **Honesty:** The courage to be vulnerable and transparent, sharing your true thoughts, fears, and dreams without a mask.
- **Patience:** The understanding that these are not one-time talks but ongoing dialogues that will evolve as you grow together.

A Note for Our Readers:

We have written this book for everyone on the relational journey. At the end of each chapter, you will find specific application points for your unique season:

Introduction: The Power of Intentional Conversation

For Singles: These conversations are to be had with God in prayer and with yourself in honest reflection. They are designed to prepare the soil of your heart, so you can enter your next relationship as a whole and healthy person.

For Dating Couples: These conversations are your blueprint for building a solid foundation. They are the essential due diligence of the heart, helping you confirm your compatibility and co-create a vision before you make a lifelong vow.

For Married Couples: These conversations are your tools for maintenance, renewal, and deep connection. Use them to tune up your communication, rediscover each other, and cast a fresh vision for your next season together.

Now, with a prayerful and open heart, let us begin...

Conversation 1 - Vision

(Our Shared Purpose & Dreams)

A relationship without a shared vision is like a ship without a rudder—it may float, but it is going nowhere, adrift on the waves of circumstance.

The Vision Conversation is the sacred work of aligning your individual God-given purposes to create a unified, more powerful Kingdom assignment.

It is the process of dreaming together and asking, "What is the grand story that God wants to write with our lives?" It transforms a partnership from a simple union into a dynamic mission.

*"Where there is no vision, the people perish..." -
Proverbs 29:18a (KJV)*

Conversation 1 - Vision

(Our Shared Purpose & Dreams)

Guiding Questions:

- If money were no object and success were guaranteed, what would we want to accomplish for God's Kingdom in our lifetime?
- Five years from now, what do we want our daily life to look, feel, and be like (spiritually, financially, familially)?
- What is a personal dream you have that you are hesitant to share? How can I become the greatest cheerleader for that dream?
- How can our unique combination of gifts and passions be used to serve others and build a legacy that outlives us?

Conversation 1 - Vision

(Our Shared Purpose & Dreams)

Application:

- For Singles: This conversation is with your Creator. What is the unique vision He has placed in your heart? Write it down, clarify it, and run with it. Pray for a partner whose vision can harmonize with, and even amplify, yours.
- For Dating Couples: Schedule a "Dream Night." Turn off all distractions, light a candle, and dedicate an evening to asking these questions. This is a critical test of your long-term compatibility.
- For Married Couples: Your vision may have evolved. Revisit this conversation annually. Cast a fresh vision for your empty-nest years, your retirement, or your next season of ministry together.

Conversation 2 - Values

(Our Guiding Principles)

Your values are the invisible compass that guides every decision you will ever make, from how you spend your time to how you raise your children.

If your compasses point in different directions, you will inevitably drift apart.

The Values Conversation is about defining the non-negotiable principles that will serve as the constitution for your relationship and family.

These values become your anchor in the storms of cultural pressure and moral ambiguity.

*"Can two walk together, except they be agreed?"
- Amos 3:3 (KJV)*

Conversation 2 - Values

(Our Guiding Principles)

Guiding Questions:

- What are the 3-5 core values that are absolutely non-negotiable for you (e.g., integrity, generosity, faith, family-first, hospitality)?
- Describe a time when you had to make a difficult decision. What values guided you?
- When we face a major life decision (a job change, a move), what will be our process for ensuring it aligns with our shared values?
- How will we model and teach these core values to our children or pass them on to the next generation?

Conversation 2 - Values

(Our Guiding Principles)

Application:

- **For Singles:** Clearly define and write down your top 5 core values. Do not compromise on these when evaluating a potential partner. A person's character is a reflection of their values.
- **For Dating Couples:** Work together to create a written list of your "Relationship Core Values." See if your lists align. This is a crucial step before engagement.
- **For Married Couples:** Your vision may have evolved. Revisit this conversation annually. Cast a fresh vision for your empty-nest years, your retirement, or your next season of ministry together.

Conversation 3 - Money

(Our Stewardship & Strategy)

Money is one of the leading causes of conflict and divorce, not because of a lack of it, but because of a lack of a shared perspective on it.

Money is a tool, and it will either build your vision or tear your relationship apart.

The Money Conversation is about moving from "his money" and "her money" to "our resources," and learning to steward them together under God's guidance.

It is about transparency, teamwork, and total trust.

"For where your treasure is, there will your heart be also." - Matthew 6:21 (KJV)

Conversation 3 - Money

(Our Stewardship & Strategy)

Guiding Questions:

- What did our parents teach us about money, both through their words and their actions? What beliefs (healthy or unhealthy) did we inherit?
- What is our complete financial picture (all debts, all assets, all income, credit)? Let's lay it all on the table with grace and no judgment.
- What are our shared financial goals (e.g., becoming debt-free, funding a ministry, leaving an inheritance)? What is our timeline?
- How will we create and manage a unified budget as a team? Who will be responsible for the practical tasks of paying bills and tracking spending?

Conversation 3 - Money

(Our Stewardship & Strategy)

Application:

- **For Singles:** Get your own financial house in order. Create a budget, work to eliminate debt, and develop a habit of generous giving. You bring your financial health or unhealth into a marriage.
- **For Dating Couples:** Have this conversation before engagement. Full financial disclosure is a non-negotiable sign of a trustworthy partner.
- **For Married Couples:** Schedule a non-negotiable monthly "Financial Meeting." Make it a positive, forward-looking planning session, not a time for blame or criticism.

Conversation 4 - Conflict

(Our Rules of Engagement)

Conflict in a relationship is not a sign of failure; it is a sign that the relationship is alive and that two distinct individuals are learning to become one.

The goal is never to avoid conflict, but to learn how to navigate it in a way that leads to deeper intimacy, not greater distance.

This conversation is about creating a "war plan" for **how you will fight for your relationship**, not against each other, even when you disagree.

"A soft answer turneth away wrath: but grievous words stir up anger." - Proverbs 15:1 (KJV)

Conversation 4 - Conflict

(Our Rules of Engagement)

Guiding Questions:

- When we are in a conflict, what specific actions make you feel unsafe or disrespected (e.g., raising voices, walking away, bringing up the past)?
- What are our agreed-upon "rules" for a fair fight (e.g., no "always/never" statements, we stick to one topic, we take a timeout if needed, we never go to bed angry)?
- How can we practice the art of listening to truly understand the other's perspective, rather than listening only to form our rebuttal?
- What is our process for offering a sincere apology and granting full forgiveness to ensure we completely repair the connection after a disagreement?

Conversation 4 - Conflict

(Our Rules of Engagement)

Application:

- **For Singles:** Examine your own conflict style. Do you avoid it, or are you too aggressive? Ask God to teach you how to handle disagreements with both grace and truth.
- **For Dating Couples:** Practice these rules on small disagreements. How you handle conflict over dinner choices is a preview of how you will handle it over finances.
- **For Married Couples:** Write down your "Rules of Engagement" and give each other permission to lovingly call out a "foul" when a rule is broken.

Conversation 5 - Intimacy

(Our Connection Plan)

Intimacy is the lifeblood of a thriving relationship, but it is far more than just physical affection.

It is the art of knowing and being known across every area of your lives. It is the deep, multi-faceted connection that makes your relationship feel safe, vibrant, and unique.

This conversation is about understanding and intentionally nurturing all five forms of intimacy: Spiritual, Emotional, Intellectual, Recreational, and Physical.

"Set me as a seal upon thine heart, as a seal upon thine arm..." - Song of Solomon 8:6a (KJV)

Conversation 5 - Intimacy

(Our Connection Plan)

Guiding Questions:

- **Spiritual Intimacy:** When do you feel most connected to God with me? How can we make prayer, worship, or serving together a more regular part of our lives?
- **Emotional Intimacy:** What helps you feel safe enough to share your deepest fears and feelings with me? When do you feel most "seen" and understood by me?
- **Intellectual Intimacy:** What new ideas can we explore together? What books can we read, documentaries can we watch, or subjects can we learn about as a team?
- **Recreational Intimacy:** What activities make us feel like we are a fun-loving "team"? What new hobbies or adventures can we plan to create shared memories?

Conversation 5 - Intimacy

(Our Connection Plan)

Physical Intimacy (Married & Engaged Couples):

How can we create a safe space to talk openly and honestly about our physical intimacy, ensuring it is a source of mutual joy, service, and connection?

Application:

- **For Singles:** Examine your own conflict style. Do you avoid it, or are you too aggressive? Ask God to teach you how to handle disagreements with both grace and truth.
- **For Dating Couples:** Practice these rules on small disagreements. How you handle conflict over dinner choices is a preview of how you will handle it over finances.
- **For Married Couples:** Write down your "Rules of Engagement" and give each other permission to lovingly call out a "foul" when a rule is broken.

Conversation 6 - Baggage

(Our History & Healing)

No one comes into a relationship as a blank slate. Everyone carries baggage—past hurts, family-of-origin wounds, insecurities, and unmet expectations.

Ignoring this baggage is like trying to build a beautiful house on a foundation filled with cracks.

The Baggage Conversation is a courageous and compassionate look at the past, not to place blame, but to foster understanding, extend grace, and become a partner in one another's healing journey.

"Bear ye one another's burdens, and so fulfil the law of Christ." - Galatians 6:2 (KJV)

Conversation 6 - Baggage

(Our History and Healing)

Guiding Questions:

- What is a painful memory from your past (a failure, a hurt, a loss) that still impacts how you see the world or react in relationships today?
- What were some of the unspoken "rules" or dynamics from your family of origin (about love, anger, success, etc.) that you want to be intentional about breaking or continuing?
- How can I best support you when you are feeling triggered or overwhelmed by something from your past? What does support look like to you in those moments?
- Is there any area of your life where you feel you need to seek deeper healing—through prayer, counseling, or deliverance—and how can I be your partner in that process?

Conversation 6 - Baggage

(Our History and Healing)

Application:

- **For Singles:** Do the courageous work of healing before you enter a serious relationship. Your future spouse is meant to be your partner, not your savior. Seek counseling if needed. The healthier you are, the healthier your marriage will be.
- **For Dating Couples:** Have this conversation slowly and prayerfully. The response to this conversation will tell you everything you need to know about a person's capacity for grace and compassion.
- **For Married Couples:** Create a culture of absolute grace. Your partner's past is for your understanding, not for your ammunition in a future fight. Strive to be the safest person in the world for your partner to be broken in front of.

Conversation 7 - Legacy

(Our Generational Impact)

Your relationship is bigger than just the two of you.

It is a seed that, when planted and nurtured well, will produce a harvest of blessing for generations to come.

The Legacy Conversation is about lifting your eyes beyond your own lifetime and asking, "What do we want to be remembered for?"

What will be the lasting impact of our union on the world? What story will our lives tell?"

"A good man leaveth an inheritance to his children's children..." - Proverbs 13:22a (KJV)

Conversation 7 - Legacy

(Our Generational Impact)

Guiding Questions:

- When people talk about our family 50 years from now, what character traits, values, or spiritual truths do we want them to associate with our name?
- What spiritual inheritance (a deep faith, a love for the Word, a servant's heart) are we committed to passing on to our children and grandchildren?
- What tangible impact do we want to make on our community and the world through our generosity, hospitality, and service?
- What is one small, intentional choice we can make this week that aligns with the long-term legacy we want to build?

Conversation 7 - Legacy

(Our Generational Impact)

Application:

- **For Singles:** Begin living a life of purpose and impact now. Your personal legacy of faithfulness and service does not wait for a partner to begin.
- **For Dating Couples:** Discussing legacy is a powerful way to gauge if your long-term purposes are aligned. Are you both aiming to build the same kind of future?
- **For Married Couples:** Your legacy is being written every single day in your small, consistent choices. Revisit this conversation often to ensure the story you are writing is the one you want to be told..

Your Journey Continues . . .

These seven conversations are not a one-time checklist to be completed; they are a lifelong practice.

They are the essential tools you will use to build, repair, and continually strengthen the beautiful and resilient covenant God has called you to.

Communication is the lifeblood of connection, and we pray that this small book will be a catalyst for countless hours of life-giving, vision-clarifying, and heart-uniting dialogue.

This is just the beginning of your journey with us.

If you are ready to go deeper and build an unshakeable, legacy-focused relationship on a firm foundation, we invite you to take the next step:

Your Journey Continues . . .

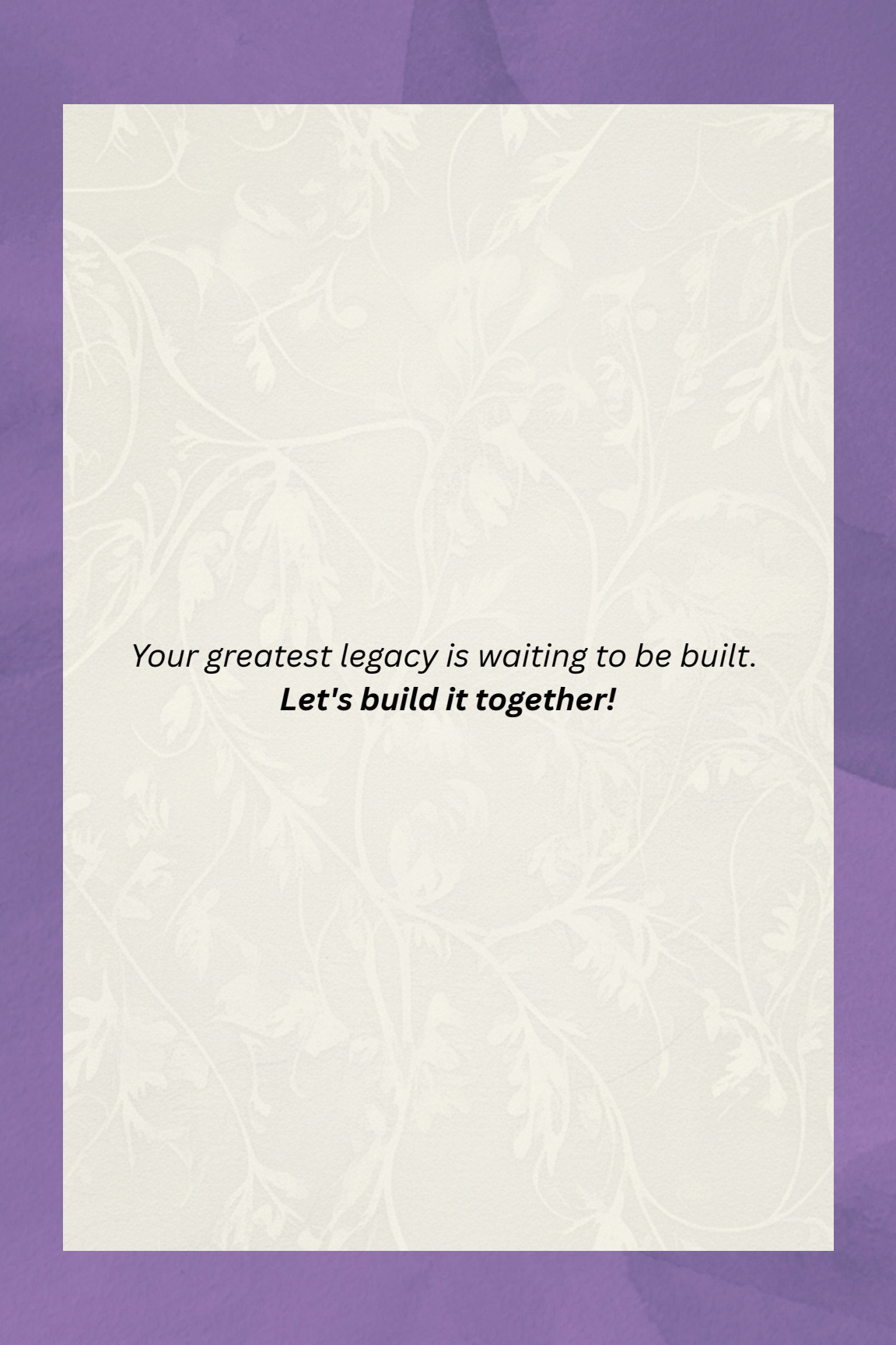
Explore our full range of services—from courses for singles to intensive counseling for couples—at our website: www.vowsandvisions.org

Listen to "The V&V Podcast" for weekly inspiration and practical wisdom on your favorite podcast platform.

Download the Vows & Visions App from your app store to access daily encouragement and our supportive community.

Never Miss Our Annual Vows & Visions Couples' Retreat this information is readily available on all our socials and website and you can also always call us for details and inquiries.

Book Your Counseling Session: Call the office, +256-783-296265 and book your physical counseling session with us. Plot 18 Martyrs Way (*Opp. Ntinda Vocational Institute*)



Your greatest legacy is waiting to be built.
Let's build it together!

