

MARITAL TEAMWORK

"TWO ARE BETTER THAN ONE"

Key Passages

- Ecclesiastes 4:12 - "Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."
- Ephesians 4:2-3 - "Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace."

Story

David and Maria used to finish each other's sentences. Fifteen years of marriage had created an easy rhythm between them. But after their son's cerebral palsy diagnosis, they found themselves on different teams. She researched therapies obsessively; he wanted to "just let him be a kid." She grieved openly; he threw himself into work. The crisis that should have united them seemed to be pulling them apart.

Special needs parenting can either forge couples into an unbreakable team or expose every crack in their foundation. The stress is relentless, the decisions complex, and the stakes feel impossibly high. Add sleep deprivation, financial pressure, and social isolation, and even strong marriages can buckle.

Yet Ecclesiastes speaks of a "cord of three strands"—husband, wife, and God—that isn't easily broken. This doesn't mean couples won't disagree or struggle, but that their unity is anchored in something beyond their own strength. Unity isn't uniformity; David's practical approach and Maria's research passion both served their son when channeled together.

The key is remembering you're on the same team, fighting for the same child, even when your strategies differ.

Discussion Qs

1. What aspects of special needs parenting have strengthened your marriage?
2. Where do you see the need for better teamwork in your parenting approach?
3. How do you handle disagreements about your child's care or treatment decisions?
4. What helps you remember you're on the same team when stress levels are high?
5. How has your understanding of partnership in marriage evolved through special needs parenting?

Dads

1. How do you balance supporting your wife emotionally while dealing with your own stress about your child?
2. What helps you appreciate your wife's approach to parenting, especially when it differs from yours?
3. How do you stay engaged in your child's daily care while managing other family responsibilities?

Moms

1. How do you communicate your needs to your husband when you're overwhelmed without it feeling like criticism?
2. What practical ways have you found to support your husband's relationship with your special needs child?
3. How do you handle resentment when you feel like you're carrying more of the caregiving load?

Couples

1. How do you ensure that lifelong caregiving strengthens rather than strains your marriage?
2. What regular practices help you stay connected as a couple amidst the demands of special needs parenting?
3. How do you handle when one spouse needs space while the other needs connection during stressful seasons?

Application: Schedule a weekly 15-minute check-in to discuss how you can better support each other in the coming week.