# Shoulder to Shoulder

שְׁכֶם אֶחָד

*Same Team: a four-week walk for couples*

Shekhem echad: with one shoulder

My name _____ Our group meets _____ Leader _____

## HOW THIS WALK WORKS

- Each spouse walks one day at a time in the Hereph app, on your own phone, then brings that day's Shoulder to shoulder prompt to the other the same day.
- Once a week, the group gathers to share what the week stirred. Bring this handout; each week has its own page with questions to sit with ahead of time.
- No one is behind. The app holds your place, and you can share from whatever day you are on.
- Days 1 to 7 are free for everyone. Days 8 to 28 are supporter-backed ($4.99 a month or $39.99 a year). If you stay in the free week, you are fully part of the group and the conversation.

## GETTING IN

Open **app.hereph.app** on your phone, or scan the code. There is nothing to download and no account needed to begin. Each spouse, on your own phone: tap **Paths**, open the **Married Couples** lane, and choose **Shoulder to Shoulder** (Same Team). Begin Day 1 when your leader launches the walk.

To put Hereph on your home screen, or to keep your walk on more than one device, see **hereph.app/start**.

**Open the app**
app.hereph.app

**Get started**
hereph.app/start

> **The Vault Rule**
> What is shared inside a marriage stays inside the marriage. Here we talk about principles, never a spouse's specifics, and anyone may pass on any prompt.

## OUR AGREEMENTS

- What is shared here stays here, and what belongs to a marriage never enters the room at all.
- We do not fix each other. We listen, and we honor what is said.
- No one has to share. Presence is enough, and “pass” is always a full answer.

## AT THE KICKOFF WE READ

Zephaniah 3:9 · Ecclesiastes 4:9–12

*“Be still, and know that I am God.”* PSALM 46:10 · KJV

# Same Team

Before we meet: walk Days 1 to 7 in the app, one a day.

## THIS WEEK'S WORDS

| DAY | WORD | SCRIPT | MEANING | ANCHOR |
|---|---|---|---|---|
| 1 | **Echad** | אֶחָד | One: two lives, one team, one score | Gen 2:24 |
| 2 | **Ezer** | עֵזֶר | Help: the ally beside you, not beneath you | Gen 2:18 |
| 3 | **Shekhem** | שְׁכֶם | Shoulder: the teammate posture | Zeph 3:9 |
| 4 | **Palē (Greek)** | πάλη | Wrestling: never against your spouse | Eph 6:12 |
| 5 | **Revavah** | רִבָּבָה | Ten thousand: the exponential math of two | Deut 32:30 |
| 6 | **Chut** | חוּט | Cord: the third strand that holds | Eccl 4:12 |
| 7 | **Berit** | בְּרִית | Covenant: the vow God witnessed | Mal 2:14 |

## READ ALOUD TOGETHER

Zephaniah 3:9

## QUESTIONS TO SIT WITH

1. **Echad** says heaven keeps one set of books with both your names on it. At the principle level: why do you think scorekeeping comes so naturally to couples, and what does it cost a team?
2. **Ezer**, the word for the spouse God made, is the same word Scripture uses for God as our help: a battle word, an ally, never an assistant. What did it do to your picture of marriage to learn that?
3. This week the path asked you to name the real opponent: exhaustion, fear, old wounds, an actual enemy, everything that borrows a spouse's face. What changed when you named the real opponent?
4. **Berit.** A contract protects you from the other person; a covenant gives you to them, and God stood witness at yours. How does it land to think of God as still standing at His post from your wedding day?

**Go deeper:** the math of two says together is exponential, not additive, and it runs on God, the third strand. Where have you seen two beat something that one never could?

Principles, never a spouse's specifics. Pass is always a full answer.

## MY NOTES

# Hear Each Other

Before we meet: walk Days 8 to 14 in the app, one a day.

## THIS WEEK'S WORDS

| DAY | WORD | SCRIPT | MEANING | ANCHOR |
|---|---|---|---|---|
| 8 | **Shama** | שְׁמַע | To hear: listening that becomes action | Deut 6:4 |
| 9 | **Bradys (Greek)** | βραδύς | Slow: the pace that keeps words from wounding | Jas 1:19 |
| 10 | **Rak** | רַךְ | Soft: the opening word that turns wrath away | Prov 15:1 |
| 11 | **Oikodomé (Greek)** | οἰκοδομή | Building up: speech as construction | Eph 4:29 |
| 12 | **Lashon** | לָשׁוֹן | Tongue: death and life in the smallest muscle | Prov 18:21 |
| 13 | **Parorgismos (Greek)** | παροργισμός | Settled anger: the grievance you refuse to sleep beside | Eph 4:26–27 |
| 14 | **Gnōsis (Greek)** | γνῶσις | Knowledge: making a study of the one you married | 1 Pet 3:7 |

## READ ALOUD TOGETHER

James 1:19

## QUESTIONS TO SIT WITH

1. **Shama** is hearing that becomes action, the same word Israel prays in the Shema. At the principle level: what is the difference between waiting for your turn to talk and actually listening?
2. **Rak**, the soft answer, says the first sentence usually decides the whole fight. Why do you think the opening word carries that much weight?
3. **Oikodomé** pictures speech as construction: every sentence in a home is either building or demolition. What kind of words build a house over years?
4. **Parorgismos** is the grievance that gets to spend the night. Speaking generally, not personally: what does anger cost a marriage when it is allowed to sleep over?

**Go deeper: Gnōsis**, the Week 2 capstone, calls a spouse a lifelong study, understanding pursued rather than assumed. Why do we stop studying the person we know best?

Principles, never a spouse's specifics. Pass is always a full answer.

## MY NOTES

# One Treasure

Before we meet: walk Days 15 to 21 in the app, one a day.

## THIS WEEK'S WORDS

| DAY | WORD | SCRIPT | MEANING | ANCHOR |
|---|---|---|---|---|
| 15 | **Mamona (Aramaic)** | מָמוֹנָא | Wealth as master: the thing you trust instead | Matt 6:24 |
| 16 | **Thēsauros (Greek)** | θησαυρός | Treasure: the ledger that trains the heart | Matt 6:21 |
| 17 | **Koinōnia (Greek)** | κοινωνία | Shared life: mine and yours becoming ours | Phil 1:5 |
| 18 | **Autarkeia (Greek)** | αὐτάρκεια | Contentment: enough, learned rather than found | Phil 4:11–12 |
| 19 | **Reshit** | רֵאשִׁית | Firstfruits: the first line that orders the budget | Prov 3:9–10 |
| 20 | **Psēphizō (Greek)** | ψηφίζω | To calculate: planning as a two-person act | Luke 14:28 |
| 21 | **Pistos (Greek)** | πιστός | Faithful: stewardship the two of you hold together | Luke 16:10–11 |

## READ ALOUD TOGETHER

Matthew 6:21

## QUESTIONS TO SIT WITH

1. **Mamona** is money acting like a master, the thing we quietly trust instead. Speaking generally: how does money behave like a master in most homes, and how would you spot it?
2. **Thēsauros.** Jesus says the heart follows the treasure, not the other way around. Why do you think the ledger tells the truth about a heart better than words do?
3. What did the house you grew up in teach you about money? Share only what you choose; a single sentence is plenty.
4. **Autarkeia**, contentment, is a secret Paul says he *learned*, not found. What is the difference between having enough and learning enough?

**Go deeper: Pistos**, the Week 3 capstone, treats money as a trust two stewards hold together. What changes about a budget when it is stewardship instead of ownership?

Principles, never a spouse's specifics. Pass is always a full answer.

## MY NOTES

WEEK 4 · DAYS 22 TO 28

# The Vineyard

Before we meet: walk Days 22 to 28 in the app, one a day. This is the last week of the walk.

## THIS WEEK'S WORDS

| DAY | WORD | SCRIPT | MEANING | ANCHOR |
|---|---|---|---|---|
| 22 | **Yada** | יָדַע | To know: fully known, not just touched | Gen 4:1 |
| 23 | **Dod** | דּוֹד | Beloved: desire spoken without shame | Song 5:16 |
| 24 | **Arom** | עָרוֹם | Naked: vulnerability with no cover needed | Gen 2:25 |
| 25 | **Apostereō (Greek)** | ἀποστερέω | To deprive: availability as gift, never a weapon | 1 Cor 7:3–5 |
| 26 | **Shu'al** | שׁוּעָל | Fox: the small spoilers of the vineyard | Song 2:15 |
| 27 | **Thalpō (Greek)** | θάλπω | To cherish: to warm and nourish daily | Eph 5:29 |
| 28 | **Basar Echad** | בָּשָׂר אֶחָד | One flesh: the mystery, fully walked | Gen 2:24; Eph 5:31–32 |

## READ ALOUD TOGETHER

Song of Solomon 2:15

## QUESTIONS TO SIT WITH

1. **Shu'al.** Scripture blames the ruined vineyard on little foxes, not wolves: small spoilers like phones in the bed, exhaustion, and resentment carried to the pillow. At the concept level: which little foxes prowl most marriages in our generation, and why do small ones do the most damage?
2. **Yada.** The Bible's word for marital intimacy is "to know," not "to touch." What does that word choice teach about what intimacy actually is?
3. **Thalpō** means to warm and nourish as a daily practice, the way a body is cared for every day rather than rescued once a year. In ordinary, everyday terms, what does cherishing look like across decades?
4. Every vineyard has an atmosphere. Speaking of homes in general: what builds an atmosphere where covenant intimacy can thrive, and what quietly kills one?

Principles, never a spouse's specifics. Pass is always a full answer.

## MY NOTES

# The 28 Words

| DAY | WORD | MEANING | ANCHOR |
|---|---|---|---|
| 1 | **Echad** | One: two lives, one team | Gen 2:24 |
| 2 | **Ezer** | The ally beside you, not beneath you | Gen 2:18 |
| 3 | **Shekhem** | Shoulder: the teammate posture | Zeph 3:9 |
| 4 | **Palē (Greek)** | Wrestling: never against your spouse | Eph 6:12 |
| 5 | **Revavah** | Ten thousand: the exponential math of two | Deut 32:30 |
| 6 | **Chut** | Cord: the third strand that holds | Eccl 4:12 |
| 7 | **Berit** | Covenant: the vow God witnessed | Mal 2:14 |
| 8 | **Shama** | Hearing that becomes action | Deut 6:4 |
| 9 | **Bradys (Greek)** | The pace that keeps words from wounding | Jas 1:19 |
| 10 | **Rak** | The opening word that turns wrath away | Prov 15:1 |
| 11 | **Oikodomé (Greek)** | Speech as construction, not demolition | Eph 4:29 |
| 12 | **Lashon** | Death and life in the smallest muscle | Prov 18:21 |
| 13 | **Parorgismos (Greek)** | The grievance you refuse to sleep beside | Eph 4:26–27 |
| 14 | **Gnōsis (Greek)** | Making a study of the one you married | 1 Pet 3:7 |
| 15 | **Mamona (Aramaic)** | Wealth as master: the thing you trust instead | Matt 6:24 |
| 16 | **Thēsauros (Greek)** | The ledger that trains the heart | Matt 6:21 |
| 17 | **Koinōnia (Greek)** | Mine and yours becoming ours | Phil 1:5 |
| 18 | **Autarkeia (Greek)** | Enough, learned rather than found | Phil 4:11–12 |
| 19 | **Reshit** | The first line that orders the budget | Prov 3:9–10 |
| 20 | **Psēphizō (Greek)** | Planning as a two-person act | Luke 14:28 |
| 21 | **Pistos (Greek)** | Stewardship the two of you hold together | Luke 16:10–11 |
| 22 | **Yada** | Fully known, not just touched | Gen 4:1 |
| 23 | **Dod** | Desire spoken out loud, without shame | Song 5:16 |
| 24 | **Arom** | Vulnerability with no cover needed | Gen 2:25 |
| 25 | **Apostereō (Greek)** | Availability as gift, never a weapon | 1 Cor 7:3–5 |
| 26 | **Shu'al** | The small spoilers of the vineyard | Song 2:15 |
| 27 | **Thalpō (Greek)** | To warm and nourish as daily practice | Eph 5:29 |
| 28 | **Basar Echad** | One flesh: the mystery, fully walked | Gen 2:24; Eph 5:31–32 |

Hebrew unless marked. Anchors are starting points; read the full text in the app or your own Bible.

### Care and support

If you or someone in your group is in crisis, call or text **988** (Suicide & Crisis Lifeline, free, 24/7), text **HOME** to **741741** (Crisis Text Line), or call **911** in an emergency. Hereph is a tool for reflection and spiritual growth, not a substitute for professional care. Pastoral care comes from your leader, your pastor, and your group.

App questions (something will not load, an account issue): support@hereph.app · Free leader packs and member handouts: hereph.app/groups