

Jane and John Doe
Marital Reconciliation & Restoration Process
May 1-5, 2011

Memorandum of Understanding

I. *Participants:* The following were in attendance by agreement of the parties:

<u>Parties</u>	<u>Mediators</u>	<u>Pastors/Elders</u>	<u>Mentors</u>
John Doe	Judy Dabler	Bill Miller	Sally Jones
Jane Doe	John Richardson	John Smith	Larry Jones

II. *Reconciliation-Focused Agreements:* Understanding the call to pursue reconciliation (by focusing on repentance, confession, and forgiveness), I agree that the following occurred during this mediation process:

A. I agreed to abide by the following Ground Rules:

1. Commitment to Confidentiality
2. Honesty and openness
3. Respectful communication (no zingers)
4. No interrupting (with one exception)
5. Take notes
6. No assuming motives
7. Address new offenses quickly
8. No disruptive departures
9. Caucuses and caucus reports
10. Breaks
11. Conciliator communications
12. Amend ground rules as necessary

B. Jane acknowledged to John that, because of deep fears of being alone, she had an idol of safety and security and would do many things to guarantee her safety and security that were destructive to the relationship, such as hiding behind her fear and not opening up.

C. John confessed to Jane that his treatment of her at one point in the mediation was critical and judgmental and that he knew he had hurt her by his words and actions. John committed to listen to Jane with more charitable judgments, use more loving words, be less

reactive, and really try to hear her heart. John asked for forgiveness, which Jane granted.

- D. Jane confessed to John that she had disrespected him and undermined his authority by allowing Sarah to use the internet on a trip to Indiana after they had both agreed to restrict Sarah for one month. Jane admitted that she had put her own need for a pleasant trip ahead of Sarah's need to be disciplined, and John's need to have respect for his parenting modeled by Jane to the children. Jane committed to confess her sin to Sarah. Jane asked for forgiveness, which John granted.
- E. Jane confessed to John that she mishandled the situation where John attempted to "protect her" from Michael's disrespect. Jane acknowledged that she failed to address the issues between Michael and John because she withdrew. Jane also acknowledged that she should have encouraged John for his intentions to do good, even as she confronted him over his failure in how he attempted to handle the situation. Jane confessed that she had hurt John, and their relationship. Jane asked for forgiveness, which John granted.
- F. John invited Jane to share her pain with him, committing to hear her heart, respond lovingly, and accept her words and feelings.
- G. John expressed deep sorrow for how he hurt Jane when he left Jane to go to Jenny. John acknowledged that he was self serving and insensitive. He also admitted that he was blind to Jane's pain and suffering, and showed a lack of love and consideration. John expressed that if he could do this over again, he would have stayed by Jane's side and cared for her feelings. John asked for forgiveness, which Jane granted.
- H. John acknowledged how hurtful it was for Jane when she saw him speaking to Laura. He admitted to acting out of fear and self protection when he saw Laura and went out of the house to speak to her. John confessed to Jane that he neglected her and wasn't present and available to be her husband or her comforter. John communicated that he was genuinely sorry for the pain he caused by not being at Jane's side and would be more sensitive and caring if he could do it over again. John asked for forgiveness, which Jane granted.

- I. John acknowledged the deep losses that resulted from his affair with Kim. John confessed that his sinful relationship with Kim cost Jane and the entire family their family home, their dreams of growing old together in that home, and true friendship with their neighbors. John confessed that he was a perpetrator and manipulator and was primarily concerned with meeting his own selfish desires. He acknowledged that he had actively participated in his relationship with Kim (as he did with his other relationships, including Laura) and that his actions resulted in devastating loss to everyone. John expressed sincere sorrow over the loss of their happy times in that home, and would do many things differently if he could. John expressed his disappointment that he had not turned to Jane for help when he felt tempted, and his grief that he had been willing to “kill everyone” to satisfy himself. John acknowledged his deep sorrow over Jane’s loss of comfort, stability, trust and friends. John asked for forgiveness, which Jane granted.
- J. John confessed that he lied, deceived and stole from Jane in his relationship with Veronica. He admitted that he was driven by his selfish desires for pleasure and power. John acknowledged that his actions were horrible, and that he also violated Veronica, who had been a part of the family. He admitted to stealing money from Jane and the family in purchasing Veronica’s airline ticket, that his motives were wrong, he was unfaithful, and that his unfaithfulness was wicked because it came with rationalizations and justifications. John expressed his desire to go back in time, refuse to fertilize his desires, share his concerns with Jane over his attraction, state his desire to only dance with Jane and stay home from the dance, be more aware of his sinful heart, be more honest with himself and Jane, and to pursue safety in speaking the truth. John admitted to lying and deceiving Jane in his grievous actions against Jane, his family, and God. John asked for forgiveness, which Jane granted.
- K. John confessed to Jane that he was insensitive in the situation regarding Melanie. He admitted that he was more concerned with being “right” than “righteous.” John acknowledged that he was so focused on what Jane didn’t see that he himself was blind to her feelings and concerns. John admitted that Jane had every right to be concerned with him having dinner with Melanie, and that he was an insensitive jerk. John expressed his true sorrow for his actions and words, and explained that he wished he would have

encouraged Jane's boldness and respected her intuition and desires. John asked for forgiveness which Jane granted.

- L. Jane acknowledged being cold hearted toward John, especially with regards to the children. She recognized that her failure to teach the children to love, care for and respond to their father by riding with him in his car rather than hers indicated a lack of compassion toward John. Jane confessed to being self-centered, selfish, dismissive and indifferent. Jane admitted that she failed to comfort John in his pain, causing him to feel alone and hurt. Jane asked for forgiveness, which John granted.
- M. Jane expressed grief over not being there for John and choosing the children over him. Jane recognized that her brokenness has caused brokenness in others. She committed to learning how to teach the children to love and encourage others, and also commits to learning to be a better lover and encourager. Jane expressed sorrow over how John was made to feel alone by her failure to choose him. Jane asked for forgiveness, which John granted. John shared with Jane that his forgiveness was given joyfully and easily. John also told Jane that he has always loved her and always will.
- N. John confessed to shaming Jane with his words and actively using her vulnerability against her. John wept as he acknowledged that he had hurt her intentionally in their marriage. John acknowledged that in re-reading their emails last night, he recognized how shaming he was in his communications with Jane. John asked for forgiveness, which Jane granted. Jane was deeply moved by John's confession and thanked him for his words.
- O. Jane acknowledged that she hurt John by not encouraging him in his rose gardening, not sharing her praise with him (although she had shared it with others) and not delighting in the beauty of his roses. Jane acknowledged that she had associated his roses with his past sin, and had lost the opportunity to share his rose growing efforts with him. Jane acknowledged that if she could do it over again, she would join him in his garden. Jane asked for forgiveness, which John granted.
- P. John acknowledged that he had failed to acknowledge the depth of Jane's pain when he replanted the roses and was insensitive to her feelings. John explained that he had chopped down the roses because they had been used wrongly in his idolatrous behaviors

which he hated and took out on the roses. If he could do it over again, John explained that he would discuss the replanting of the roses in more detail with Jane so that both of them could be assured that the past had been honored and they were moving forward together. John asked for forgiveness, which Jane granted.

- Q. Jane confessed that her discomfort with spiritual things contributed to a lack of spiritual togetherness with John. Jane acknowledged that this discomfort, rooted in shame, hurt John, herself and their relationship. Jane asked John for forgiveness, which he granted.
- R. Jane confessed to John that she had intentionally punished and hurt him by withdrawing her warmth and affection, both sexually and non-sexually. Jane confessed that she had been wrong, ugly and cruel in her treatment of him and had caused John to feel lonely, rejected and hurt. Jane expressed her sorrow for treating John so hurtfully. Jane asked for forgiveness, which John granted.

III. ***Restoration-Focused Agreements:*** I understand the need to work toward relational restoration (focusing on building trust, respect and intimacy) which builds on the reconciliation that has already occurred. A wise plan of restoration, developed and followed, will help prevent me from becoming discouraged when expected relational setbacks occur in the weeks and months following the completion of this mediation process. I agree to pursue the following Restoration Plan:

A. ***Questions to Explore:*** The following issues were identified during the mediation process, but time did not permit a full exploration to determine what potential heart issues (“idols”) might be present that contribute to my marital and family conflicts. I agree to discuss, evaluate and address these issues with the assistance of a pastor, mentor, counselor, or conciliator:

1. Where does Jane’s belief that others will not understand her come from?
2. Does Jane compete with John?
3. What prevents Jane from freely sharing her negative feelings?
4. Why was Jane so strongly drawn to John because of the attention he showed her?

5. What was the basis of Jane and John's marriage?

B. *Plan for Relational Growth:* I understand that restoring a relationship takes time and effort. I also understand that the first 12 months following a reconciliation process are critical months to begin this rebuilding process. Knowing that my marriage is unlikely to thrive, and might even fail, without my serious commitment to focus on future opportunities to promote learning and change, I commit to the following:

1. Theological/Biblical Learning:

a. _____ will attend _____ (Bible Study Fellowship/Sunday School class/Navigators), beginning on or before _____, on a _____ basis, until _____.

b. _____ agrees to listen to the following podcasts, journal one page per podcast, and discuss each podcast with _____ mentor during regular meetings:

1) _____, beginning on or before _____

2) _____, beginning on or before _____

3) _____, beginning on or before _____

4) _____, beginning on or before _____

2. Conflict Resolution Skills Development:

a. _____ will attend _____ (Peacemaker Small Group, Peacemaker Training, etc.) beginning on or before _____, on a _____ basis, until _____.

3. Communication Skills Development:

a. _____ will attend _____ (Couple's Communication Training) beginning on or before _____, on a _____ basis, until _____.

4. Counseling:

a. Marital counseling will begin on or before _____ with _____ and will occur on a _____ basis until _____.

b. Individual counseling for _____ will begin on or before _____ with _____ and will occur on a _____ basis until _____.

c. Individual counseling for _____ will begin on or before _____ with _____ and will occur on a _____ basis until _____.

5. Personal Development:

a. Reading

1) _____ agrees to read the following books, journal one page per chapter, and discuss each book with _____ mentor during regular meetings.

1) _____, beginning on or before _____

2) _____, beginning on or before _____

2) _____ agrees to read the following books, journal one page per chapter, and discuss each book with _____ mentor during regular meetings.

1) _____, beginning on or before _____

2) _____, beginning on or before

b. Conferences

1) _____ agrees to attend the
_____ Conference, on or before
_____, and will journal one page per
day, and discuss each journal entry with
_____ mentor during regular meetings.

2) _____ agrees to attend the
_____ Conference, , on or before
_____, and will journal one page per
day, and discuss each journal entry with
_____ mentor during regular meetings.

6. Personal Support:

a. _____ will meet with _____
(Mentor/Pastor) beginning on or before _____
on a _____ basis until _____.

b. _____ will meet with _____
(Mentor/Pastor) beginning on or before _____
on a _____ basis until _____.

7. Mediation Reflections: I agree to review this Memorandum of Understanding, look up and read all the Scriptures studied (Item VI below), and pray for God's blessings for my spouse and family once a month for the following three months, beginning one month from today. I will record this commitment on my calendar before I sign this Memorandum so that I do not forget this important component of strengthening the reconciliation that has occurred during this mediation.

IV. *Commitment to Future Peacemaking:* I agree that when future conflicts arise, or when I become aware of hurts resulting from past offenses not dealt with during the mediation process, I will either:

A. Attempt to handle this conflict personally by:

1. Overlooking and forgiving my spouse;
2. Questioning my own conclusions about my spouse's intentions;
3. Considering what I know to be true and good about my spouse;
4. Reflecting on possible meaning assigned by my spouse to the words or events that caused the conflict; and,
5. Remembering that, out of the unlimited bank account of God's kindness and forgiveness extended toward me in Christ, I have unlimited resources of kindness and forgiveness to offer my spouse; OR

B. Attempt to handle the conflict privately by:

1. Following a Mathew 18 process in which I go quickly and directly to my spouse in a way that:
 - a. brings glory to God by trusting, obeying and imitating him;
 - b. gets the log out of my own eye before confronting my spouse with their "speck;"
 - c. gently restores my spouse as I help them to see their part in the conflict; and,
 - d. makes every effort to reconcile as quickly as possible through repentance, confession and forgiveness; OR

C. Attempt to handle the conflict with the help of one or two others by:

1. Seeking assistance from my mentor(s), pastor(s), and/or elder(s); OR
2. Seeking assistance from a Christian conciliator, counselor, or another third party that my spouse and I agree to consult.

V. *Public and Private Use Statements:*

Statement for Anyone: I agree to give all mediation participants permission to freely use the following statement:

“In an effort to reconcile hurts and disappointments experienced during their marriage, with the goal of restoring their relationship as husband and wife, co-parents, and brother and sister in Christ, John and Jane met for three days to work through offenses that they have experienced while also learning better communication and conflict resolution skills. They honored one another by openly sharing their stories, hearing one another’s hearts, and taking responsibility for their sins and failures. As beloved children of the living God, John and Jane felt the freedom to confess their sins and to offer each other forgiveness. They desire to live a life of peace, unity and love as they continue to serve and co-parent their children, and serve their Christian community. Please pray for them as they grow in their relationship with God, their children, and others.”

Statement for Small Group Members: I agree to give my spouse and/or the mediation participants permission to freely use the following statement when speaking with members of my small group:

“Jane and John benefitted greatly from the marital mediation. Thank you for praying for them. At this time, Jane and John are pursuing a carefully developed one year plan to restore their marriage, which includes counseling, personal growth, pastoral accountability, and spiritual development. They have committed to keeping this journey private so that they no longer invite their friends to “take sides.” In an attempt to honor their commitment to seek full reconciliation and marital restoration, they ask that if you feel a need for further information, you contact both John and Jane through email where both are copied on your request so that both can determine how best to respond to your questions.”

VI. *Scriptures Considered:* Philippians 1:9-11; John 17:20-23; 1 John 4:7-21; James 4:1; Isaiah 44:9-20; Isaiah 46:1-2; Isaiah 41:7; Psalm 115:1-8; Ephesians 4:17-24; Ezekiel 3:16-21; Jonah 2:8.

VII. *Commitment for Self Care:* I understand that following this mediation, even up to seven days, I will be physically and emotionally spent and might experience depression-like symptoms. I agree to schedule time to rest and will attempt to “capture my thoughts” and, rather than focus on what occurred during the mediation, reflect on the love of God for his people shown in eternity past and future. I also understand the risks involved in making important decisions during this recovery period and commit to refrain from making any significant decisions beyond what is absolutely required.

VIII. *Understanding of Mediators' Role:* I acknowledge that the primary role that the mediators have played in the preparation of this Memorandum of Understanding has been to transcribe my/our own agreement into writing.

IX. *Intent for this Memorandum of Understanding:* I acknowledge and affirm that I intend to use this Memorandum of Understanding to facilitate personal reflection, prayer and accountability. I do not intend for any part of this Memorandum of Understanding to be admissible or used in any way in any subsequent legal proceeding. Furthermore, I do not intend for any of the commitments, promises, or agreements reflected in this Memorandum of Understanding to be enforceable by any party through any legal action or proceeding.

John Doe

Date

Jane Doe

Date

Appendix A
Summary of Restoration Plan for Jane and John Doe

Check When Completed	Recommended Timeframe for Intervention to be Completed	Date for Intervention	Description of Intervention	Name of Party	Post-Intervention Reporting	Name of Non-Party to Supervise the Intervention
	Ten days from today		Meet with _____ mentor	John		_____
	Ten days from today		Meet with _____ mentor	Jane		_____
	Two weeks from today		Meet with _____ counselor/conciliator	John		_____
	Two weeks from today		Meet with _____ counselor/conciliator	Jane		_____
	Three weeks from today		Meet with _____ mentor	Jane		_____
	Three weeks from today		Meet with _____ mentor	John		_____
	1 month from today		Read MOU, look up and read all referenced Scripture, pray for spouse and family	John	None	None
	1 month from today		Read MOU, look up and read all referenced Scripture, pray for spouse and family	Jane	None	None
	1 month from today		Meet with _____ pastor	John	None	_____
	1 month from today		Meet with _____ pastor	Jane	None	_____
	1.25 months from today		Meet with _____ counselor/conciliator	John		_____
	1.25 months from today		Meet with _____ counselor/conciliator	Jane		_____
	1.5 months from		Meet with _____ mentor	John		_____

	today					
	1.5 months from today		Meet with _____ mentor	Jane		_____
	1.75 months from today		Read _____ book/Listen to _____ podcast/Attend _____ Conference	John	Journal one page per chapter/podcast/conference day and discuss journal pages with mentor	_____
	1.75 months from today		Read _____ book/Listen to _____ podcast/Attend _____ Conference	Jane	Journal one page per chapter/podcast/conference day and discuss journal pages with mentor	_____
	2 months from today		Read MOU, look up and read all referenced Scripture, pray for spouse and family	John	None	None
	2 months from today		Read MOU, look up and read all referenced Scripture, pray for spouse and family	Jane	None	None
	2 months from today		Meet with _____ pastor	John	None	_____
	2 months from today		Meet with _____ pastor	Jane	None	_____
	2.25 months from today		Meet with _____ counselor/conciliator	John		_____
	2.25 months from today		Meet with _____ counselor/conciliator	Jane		_____
	2.5 months from today		Meet with _____ mentor	John		_____
	2.5 months from today		Meet with _____ mentor	Jane		_____
	3 months from today		Read MOU, look up and read all referenced Scripture, pray for spouse and family	John	None	None
	3 months from today		Read MOU, look up and read all referenced Scripture, pray	Jane	None	None

			for spouse and family			
	3 months from today		Meet with _____ pastor	John	None	_____
	3 months from today		Meet with _____ pastor	Jane	None	_____
	3.25 months from today		Meet with _____ counselor/conciliator	John		_____
	3.25 months from today		Meet with _____ counselor/conciliator	Jane		_____
	3.5 months from today		Meet with _____ mentor	John		_____
	3.5 months from today		Meet with _____ mentor	Jane		_____
	3.75 months from today		Read _____ book/Listen to _____ podcast/Attend _____ Conference	John	Journal one page per chapter/podcast/conference day and discuss journal pages with mentor	_____
	3.75 months from today		Read _____ book/Listen to _____ podcast/Attend _____ Conference	Jane	Journal one page per chapter/podcast/conference day and discuss journal pages with mentor	_____
	4 months from today		Meet with _____ pastor	John	None	_____
	4 months from today		Meet with _____ pastor	Jane	None	_____
	4.25 months from today		Meet with _____ counselor/conciliator	John		_____
	4.25 months from today		Meet with _____ counselor/conciliator	Jane		_____
	4.5 months from today		Meet with _____ mentor	John		_____
	4.5 months from today		Meet with _____ mentor	Jane		_____
	5 months from		Meet with _____ pastor	John	None	_____

	today					
	5 months from today		Meet with _____ pastor	Jane	None	_____
	5.25 months from today		Meet with _____ counselor/conciliator	John		_____
	5.25 months from today		Meet with _____ counselor/conciliator	Jane		_____
	5.5 months from today		Meet with _____ mentor	John		_____
	5.5 months from today		Meet with _____ mentor	Jane		_____
	5.75 months from today		Read _____ book/Listen to _____ podcast/Attend _____ Conference	John	Journal one page per chapter/podcast/conference day and discuss journal pages with mentor	_____
	5.75 months from today		Read _____ book/Listen to _____ podcast/Attend _____ Conference	Jane	Journal one page per chapter/podcast/conference day and discuss journal pages with mentor	_____
	6 months from today		Meet with _____ pastor	John	None	_____
	6 months from today		Meet with _____ pastor	Jane	None	_____
	6.25 months from today		Meet with _____ counselor/conciliator	John		_____
	6.25 months from today		Meet with _____ counselor/conciliator	Jane		_____
	6.5 months from today		Meet with _____ mentor	John		_____
	6.5 months from today		Meet with _____ mentor	Jane		_____
	7 months from today		Meet with _____ pastor	John	None	_____
	7 months from		Meet with _____ pastor	Jane	None	_____

	today					
	7.25 months from today		Meet with _____ counselor/conciliator	John		_____
	7.25 months from today		Meet with _____ counselor/conciliator	Jane		_____
	7.5 months from today		Meet with _____ mentor	John		_____
	7.5 months from today		Meet with _____ mentor	Jane		_____
	7.75 months from today		Read _____ book/Listen to _____ podcast/Attend _____ Conference	John	Journal one page per chapter/podcast/conference day and discuss journal pages with mentor	_____
	7.75 months from today		Read _____ book/Listen to _____ podcast/Attend _____ Conference	Jane	Journal one page per chapter/podcast/conference day and discuss journal pages with mentor	_____
	8 months from today		Meet with _____ pastor	John	None	_____
	8 months from today		Meet with _____ pastor	Jane	None	_____
	8.25 months from today		Meet with _____ counselor/conciliator	John		_____
	8.25 months from today		Meet with _____ counselor/conciliator	Jane		_____
	8.5 months from today		Meet with _____ mentor	John		_____
	8.5 months from today		Meet with _____ mentor	Jane		_____
	9 months from today		Meet with _____ pastor	John	None	_____
	9 months from today		Meet with _____ pastor	Jane	None	_____
	9.25 months		Meet with _____	John		_____

	from today		counselor/conciliator			
	9.25 months from today		Meet with _____ counselor/conciliator	Jane		_____
	9.5 months from today		Meet with _____ mentor	John		_____
	9.5 months from today		Meet with _____ mentor	Jane		_____
	9.75 months from today		Read _____ book/Listen to _____ podcast/Attend _____ Conference	John	Journal one page per chapter/podcast/conference day and discuss journal pages with mentor	_____
	9.75 months from today		Read _____ book/Listen to _____ podcast/Attend _____ Conference	Jane	Journal one page per chapter/podcast/conference day and discuss journal pages with mentor	_____
	10 months from today		Meet with _____ pastor	John	None	_____
	10 months from today		Meet with _____ pastor	Jane	None	_____
	10.25 months from today		Meet with _____ counselor/conciliator	John		_____
	10.25 months from today		Meet with _____ counselor/conciliator	Jane		_____
	10.5 months from today		Meet with _____ mentor	John		_____
	10.5 months from today		Meet with _____ mentor	Jane		_____
	11 months from today		Meet with _____ pastor	John	None	_____
	11 months from today		Meet with _____ pastor	Jane	None	_____
	11.25 months from today		Meet with _____ counselor/conciliator	John		_____
	11.25 months		Meet with _____	Jane		_____

	from today		counselor/conciliator			
	11.5 months from today		Meet with _____ mentor	John		_____
	11.5 months from today		Meet with _____ mentor	Jane		_____
	11.75 months from today		Read _____ book/Listen to _____ podcast/Attend _____ Conference	John	Journal one page per chapter/podcast/conference day and discuss journal pages with mentor	_____
	11.75 months from today		Read _____ book/Listen to _____ podcast/Attend _____ Conference	Jane	Journal one page per chapter/podcast/conference day and discuss journal pages with mentor	_____
	12 months from today		Meet with _____ pastor	John	None	_____
	12 months from today		Meet with _____ pastor	Jane	None	_____