

****WB: Marine Corps Rifle Creed****

****Nugget of Wisdom****

What you commit to and repeat will shape who you become.

****SOP****

By now you understand the process. Share a few stories as a group, then break into pairs and move to a quiet place where you can focus on each other.

This time, consider the power of a creed. In the Marine Corps, we memorized the Rifle Creed until it became part of us. It taught us that alone we were limited, but together—with our rifle—we had purpose, value, and responsibility. It wasn't just words. It became belief.

As you break into your pairs, think of a story from your life—childhood or now—where something you learned, repeated, or committed to became part of your DNA. That discipline, that strength, that mindset. Now take it a step further. If you can commit to something small—even something as simple and unusual as deciding you will only open a drawer at three o'clock in the afternoon with one hand tied behind your back—then you understand the power of commitment. If you can do that, you can commit to something meaningful.

As you share your story, look for an example that reflects that level of commitment. It may be something done for you or something you have done for others. Remember, we are developing and understanding your personality—learning how discipline, commitment, and belief can benefit not just yourself, but the people around you.

1. How important is covenant and commitment in shaping who you are and how you live your life?
2. What does it mean to you to truly believe in something with absolute faith?
3. Can you recall a time when discipline and repetition turned something into part of your identity?
4. How does your level of commitment affect the people around you, especially those closest to you?
5. If you made a firm covenant today in one area of your life, how would it change your actions moving forward?

****Homework****

This week, take time to write your own Marine Corps Rifle Creed. Keep it short—no more than five sentences. You can reference the creed in the book, but instead of the rifle, choose a person: a spouse, child,

grandchild, friend, or anyone on your heart. Explain how your life is more valuable because they are in it, and how their life is more valuable because you are in it. Recognize that while you have value on your own, you are not the same—and may never become who you could be—without that person in your life.

When you are ready, share this with them. Help them understand the commitment and covenant you are choosing to make. If possible, write it down and keep it somewhere visible—a bookmark, a mirror, or a place you will see daily. Even if you don't write it down, hold hands and speak it to each other. If you are working through this as a couple, consider choosing someone together—a child, grandchild, or loved one—and reflect on whether you are willing to make a true covenant in their life.

****Closing Prayer (optional guide)****

Choose your own prayer. This is just to help you think. Father, help us understand we are your vessel. Through us, your love pours out. Help us be something that makes the others in our life stronger and better.