


# Marriage Setup & Healing Plan with Covenant Eyes

---

This guide helps couples use Covenant Eyes and the Victory app to restore trust, build spiritual connection, and pursue freedom from sexual temptation.

 Sign up for Covenant Eyes: <https://www.covenanteyes.com/signup/>

 Download the Victory App: <https://www.covenanteyes.com/victory-app/>

## Step-by-Step Marriage Setup

1. 1. Install the Covenant Eyes app on all devices used by the person seeking accountability (Spouse A).
2. 2. Spouse B installs the Victory app on their phone or tablet and becomes the Ally (accountability partner).
3. 3. Link the apps using the same Covenant Eyes login. Assign roles accordingly: Spouse A = User, Spouse B = Ally.
4. 4. Adjust device settings (especially on iOS/Android) to prevent bypassing or uninstalling.
5. 5. Use built-in chat and activity feeds in Victory for regular check-ins and spiritual encouragement.

## Weekly Check-In Prompts

- What was your biggest victory this week?
- Were there any moments of temptation or struggle?
- How did you respond?
- What's something we can do differently together this week to support each other?
- How can I pray for you right now?

## Conversation Guidelines

- Speak from a place of grace, not judgment.
- Avoid accusations or emotional outbursts during check-ins.
- Celebrate progress, not just perfection.
- Use prayer to close each check-in moment, inviting God's healing and strength.
- Consider involving a counselor or mentor if trust is severely damaged.

## Digital Hygiene Tips

- Use strong device passcodes and disable app installs without permission.
- Block or delete unnecessary apps, browsers, and private browsing options.
- Use screen time and parental control settings alongside Covenant Eyes.
- Keep devices out of the bedroom overnight or during vulnerable times.
- Stay in regular communication about tech habits and new temptations.

## Closing Encouragement

**Remember: this is not just about accountability—it's about healing, reconnection, and restoring the covenant of marriage through God's grace. You're not alone.**