

GROUP MODE · LEADER GUIDE

Shoulder to Shoulder

Same Team · A 28-Day Walk for Couples

שְׂכֵם אֶחָד

SHEKHEM ECHAD

“...that they may all call upon the name of the LORD, to serve him with one consent.”

ZEPHANIAH 3:9 · KJV

the Hebrew reads: with one shoulder

SELAH

Be still and know

A ministry tool for group study
selahapp.app

How Group Mode Works

Group Mode lets couples walk a Selah path together while every person still walks it personally, at their own pace, on their own phone. You bring the room together. The app carries each person's walk. This guide gives you everything to lead it, so the only thing you ever have to ask us is a question about how the app works.

THE RHYTHM

Shoulder to Shoulder is a 28-day walk built as four weeks: the covenant foundation, then the three battlegrounds every marriage knows — hearing each other, handling money, and guarding intimacy. The group meets once to launch, then once a week for four weeks. Five gatherings in all, about 45 to 60 minutes each. Between gatherings, each spouse walks that week's seven days on their own in the app, then the couples come together to talk about what the week taught.

KICKOFF

Launch together, teach the spine of the walk, set the covenant.

WEEKS 1–4

Each spouse walks 7 days solo, compares notes daily, then the group gathers.

CLOSE

The final gathering lands on the mystery of one and sends couples out commissioned.

HOW COUPLES WALK IT

Both spouses walk the path individually, each in their own app, each with a private journal. Then the path pulls them together every single day: each day's exercise ends with a **Shoulder to shoulder** prompt, one concrete thing to bring to your spouse that same day. Individual walk, shared conversation. Those daily conversations are what feed your weekly gathering, and your gathering is couples sitting with other couples, learning the same posture together.

IF SOMEONE FALLS BEHIND

No one is behind. The app holds each person's place, and the walk is personal, not a race. A couple can share from whatever day they are on. Missing a day never locks anyone out of the conversation.

FREE DAYS AND SUPPORTER DAYS

The first seven days of Shoulder to Shoulder, all of Week 1, are always free. Days 8 through 28 are supporter-backed (\$4.99 a month or \$39.99 a year) to cover what it costs to run Selah, especially the AI Companion. This keeps the app free at the door for anyone. There is no pressure and no countdown. A couple who stays in the free days is fully part of the group and the conversation. Continuing the walk together into Weeks 2 through 4 is simply for those walking further. This guide is free either way.

Your Role, In One Line

You are the shepherd of the room, not a marriage counselor. You set the pace, open and close each gathering, and keep the space safe and kind. Selah provides the structure and the word studies. Pastoral care comes from you, your pastor, and the couples' care for one another.

WHAT YOU NEED, AND WHERE TO GET HELP

- This guide, the Selah app on each spouse's phone, and a room or a video link.
- Couples open the walk in the app under the Married Couples lane: Shoulder to Shoulder (Same Team), and begin Day 1 when you launch.

- For app questions only (something will not load, an account issue), email **Support@SelahApp.App**. For anything about leading the study, this guide is your source.

Leading Shoulder to Shoulder

A short orientation to the walk your couples are about to take, so you can lead it with confidence from the first gathering.

What it is. Shoulder to Shoulder is a four-week walk for married couples, built around one picture. Couples in conflict square up face to face, the way boxers stand. Covenant couples stand shoulder to shoulder, the way teammates stand, because the opponent is the problem, never each other. Zephaniah 3:9 says it in Hebrew: God's people will serve Him **אַחַד שִׁכְמָם** (*shekhem echad*), literally “with one shoulder.” That posture is the whole path.

The one idea it pushes relentlessly. Together is exponential, not additive. Scripture asks how one could chase a thousand and two put ten thousand to flight; a team of draft horses hitched together pulls far more than double what each pulls alone. But be honest with the math every time you teach it: it never runs on the two. It runs on God, the third strand in the cord. Two only multiplies when God is doing the multiplying.

The four-week arc.

- **Week 1 • Same Team** (free). The covenant foundation: one flesh, the ally God made, the shoulder-to-shoulder posture, the real opponent, the math of two, the third strand, and the vow God witnessed.
- **Week 2 • Hear Each Other.** Communication: listening that becomes action, the soft answer, words that build, anger that never gets to spend the night, and making a study of the one you married.
- **Week 3 • One Treasure.** Money: the rival master, where the treasure trains the heart, mine and yours becoming ours, enough, the first check, counting the cost together, faithful with little.
- **Week 4 • The Vineyard.** Intimacy: being fully known, desire spoken without shame, the little foxes, and cherishing as daily practice. Tender ground, handled with care; your session discusses guarding it, never describing it.

The Vault Rule — the one rule that makes this group safe

What is shared inside a marriage stays inside the marriage. Your sessions discuss the week's **principle**, never a spouse's specifics. No couple is ever asked to disclose anything. Every prompt in this guide carries a pass option, and passing costs nothing. Couples are never split up for sharing portions. And never let the group turn one couple's situation into a case study; if a share starts drifting toward specifics about a spouse, receive it kindly and steer back to the principle. Read this rule aloud at the Kickoff, and repeat the one-line version printed in every session.

Not every word is Hebrew, and that is on purpose

This is the first Selah path to lean on the whole Bible's languages. Most anchor words are Hebrew, twelve are Greek, and one, **Mamona** (Day 15), is Aramaic, the word Jesus actually used for money as a master. If a member notices, that is the answer. No one is off track.

How each day is shaped in the app. A spouse opens the day, meets the anchor word and its plain-language meaning, walks a short reflective exercise drawn from evidence-based practices (told in plain language, never clinical), writes in a private journal, and then carries one **Shoulder to shoulder** prompt back to their spouse that same day. Your gatherings do not repeat the app. They give couples a place to say out loud what the week's principle stirred, without ever opening the vault.

Where care comes from. Selah provides structure and word studies, never live spiritual direction. App questions go to **Support@SelahApp.App**. Pastoral care belongs to you and your pastor. If something surfaces in a marriage that is bigger than a study, the last page of this guide tells you exactly what to do.

Kickoff: Same Team

Before this gathering: nothing required. You launch the walk here.

The Vault Rule, in one line

What is shared inside a marriage stays inside the marriage; we discuss principles here, never a spouse's specifics, and anyone may pass on any prompt.

OPEN (5 MIN)

Welcome everyone and tell them plainly why this walk exists: couples asked for real tools on the three battlegrounds every marriage knows — communication, money, and intimacy. This path takes all three, one week each, after a week of foundation. Suggested reading aloud: [Zephaniah 3:9](#) and [Ecclesiastes 4:9–12](#). Then a short opening prayer in your own words, asking that over these four weeks every couple in the room would learn to stand shoulder to shoulder.

TEACH THE SPINE (10 MIN)

- **Boxers and teammates.** Watch two boxers before the bell: face to face, squared up, reading each other for weakness. Now watch two teammates: shoulder to shoulder, facing the same direction, because the thing they have to beat is out there, not between them. Most married fights happen in the boxer's stance. This walk teaches the other one.
- **The draft-horse team.** One draft horse pulls an enormous load alone. Hitch two together and they pull far more than double, and a pair trained to work as a team pulls more still. Together is exponential, not additive.
- **The math, told honestly.** Scripture asks how one could chase a thousand and two put ten thousand to flight ([Deuteronomy 32:30](#); see also [Leviticus 26:8](#) and [Joshua 23:10](#)). Two does not chase two thousand; two chases ten thousand. But the math never runs on the two. It runs on God, the third strand in the cord. Say that plainly, because the couples will prove it over the next four weeks.

SET THE COVENANT (10 MIN)

- Read the Vault Rule aloud, word for word, from the previous page. Ask the room to agree to it out loud.
- 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.

ICEBREAKER (10 MIN)

Keep it light and let the room laugh. Go around: each couple tells the short version of how they met, and one thing about the other that they noticed first. That is all. The depth comes as they walk.

LOGISTICS (10 MIN)

- Walk everyone through downloading Selah and finding **Shoulder to Shoulder** in the Married Couples lane. Confirm both spouses in every couple can get in, each on their own phone.
- Explain the daily rhythm: each spouse walks the day alone, then the day's **Shoulder to shoulder** prompt sends one conversation back into the marriage that same day.

- Name the cost honestly: Week 1 is free for everyone; Days 8 through 28 are supporter-backed, for those walking further, and no one is pressured either way.
- **Give the Week 4 heads-up now.** Week 4 walks onto tender ground: guarding intimacy. Tell the room today that when we reach it, the session will discuss principles only, nothing personal, period. Saying it four weeks early is what makes Week 4 safe.

Send them out

This week, each of you walks Days 1 through 7 in the app, one word a day, and brings each day's Shoulder to shoulder prompt to your spouse. Next time we gather, we will talk about what it means to be on the same team. Close in prayer.

Same Team

Before this gathering: each spouse has walked Days 1–7.

The Vault Rule, in one line

What is shared inside a marriage stays inside the marriage; we discuss principles here, never a spouse's specifics, and anyone may pass on any prompt.

OPEN (5 MIN)

A short prayer, then read [Zephaniah 3:9](#) aloud again. Ask lightly: in one word, what was this week like?

THE WEEK AT A GLANCE

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	שֵׁכֶם	Shoulder: the teammate posture	Zeph 3:9
4	Palē (Greek)	πάλη	Wrestling: never against your spouse	Eph 6:12
5	Revavah	רֶבְבָה	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

SHARE AND DISCUSS (25 MIN) — PRINCIPLE LEVEL, PASS ALWAYS ALLOWED

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 (if time): 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?

COUPLES PRACTICE (5 MIN)

Have each couple stand up, side by side, shoulders touching, facing the same direction. Then, quietly, to **each other** and not to the group, each couple names one shared opponent they are facing this season. Nothing is said to the room. When the murmur settles, pray over all of them at once.

Send them out

This week, walk Days 8 through 14: Hear Each Other. The first battleground is communication. Close in prayer, asking God to give every couple in the room ears before words.

Hear Each Other

Before this gathering: each spouse has walked Days 8–14.

The Vault Rule, in one line

What is shared inside a marriage stays inside the marriage; we discuss principles here, never a spouse's specifics, and anyone may pass on any prompt.

OPEN (5 MIN)

Prayer, then read **James 1:19** aloud (quick to hear, slow to speak, slow to anger). Ask for one word on how the week went.

THE WEEK AT A GLANCE

DAY	WORD	SCRIPT	MEANING	ANCHOR
8	Shama	שמע	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	רך	Soft: the opening word that turns wrath away	Prov 15:1
11	Oikodomé (Greek)	οικοδομή	Building up: speech as construction	Eph 4:29
12	Lashon	לשון	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)	γνώσις	Knowledge: making a study of the one you married	1 Pet 3:7

SHARE AND DISCUSS (20 MIN) — PRINCIPLE LEVEL, PASS ALWAYS ALLOWED

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 (if time): **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?

COUPLES PRACTICE (10 MIN) — DONE IN PAIRS, PRIVATELY

Send each couple to their own corner of the room, out of earshot of the others. A two-minute listening exchange: one spouse speaks for two minutes about anything on their heart; the other only listens. No fixing, no defending, no answering. Then swap. When the group regathers, debrief at the principle level only: *what was it like to only listen?* and *what was it like to be fully heard?* No one reports what was said.

Send them out

This week, walk Days 15 through 21: One Treasure. The second battleground is money. Close in prayer, each person silently asking God for a soft answer this week.

One Treasure

Before this gathering: each spouse has walked Days 15–21.

The Vault Rule, in one line

What is shared inside a marriage stays inside the marriage; we discuss principles here, never a spouse's specifics, and anyone may pass on any prompt.

One more rule for this session: no numbers, ever

No incomes, no debts, no purchases, no account balances are ever shared in this group, in either direction. Money is the week's topic; a couple's finances are not. We discuss patterns and principles. Say this out loud before the first question.

OPEN (5 MIN)

Prayer, then read [Matthew 6:21](#) aloud (where the treasure is, the heart follows). Ask lightly: was this week's topic comfortable or uncomfortable, in one word?

THE WEEK AT A GLANCE

DAY	WORD	SCRIPT	MEANING	ANCHOR
15	Mamona (Aramaic)	ממונא	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	ראשית	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

SHARE AND DISCUSS (25 MIN) — PATTERNS AND PRINCIPLES ONLY, SHARE ONLY WHAT YOU CHOOSE

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 (if time): 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?

COUPLES PRACTICE (5 MIN)

Psēphizō says counting the cost is a two-person act, never a solo secret. Before anyone leaves the room, each couple pulls out a calendar and schedules their first (or next) money date: one unhurried hour, just the two of them, to look at everything together on the same side of the table. They do not tell the group anything except that it is on the calendar.

Send them out

This week, walk Days 22 through 28: The Vineyard. Remind the room of the heads-up from the Kickoff: tender ground ahead, and next week's gathering discusses guarding intimacy, never describing it. Nothing personal will be asked, period. Close in prayer.

The Vineyard

Before this gathering: each spouse has walked Days 22–28 and finished the walk.

This session shifts format. Say so plainly, first thing.

Tonight we discuss **guarding** intimacy, never describing it. Nothing personal is shared in this room, period. No prompt tonight asks about anyone's marriage; every question is about the concept, the culture, and the vineyard walls. The Vault Rule is not just in force tonight; it is the whole format.

OPEN (5 MIN)

Prayer, then read **Song of Solomon 2:15** aloud (catch the little foxes that spoil the vineyard). This is the last gathering. Let it feel like an arrival.

THE WEEK AT A GLANCE

DAY	WORD	SCRIPT	MEANING	ANCHOR
22	Yada	יָדַע	To know: fully known, not just touched	Gen 4:1
23	Dod	דָּוִד	Beloved: desire spoken without shame	Song 5:16
24	Arom	אָרוֹם	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	שׁוּעַל	Fox: the small spoilers of the vineyard	Song 2:15
27	Thalpō (Greek)	θάλλω	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

DISCUSS THE CONCEPT, NEVER THE COUPLE (20 MIN)

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?

CLOSING CELEBRATION (15 MIN)

The walk ends where it began, on **echad**. Have every couple stand, shoulder to shoulder, facing the same direction. Together, each couple speaks the Day 28 line out loud, all at once:

The Day 28 line

“Same team. One shoulder. Whatever comes next, we face it from here.”

Then commission them. Build your blessing on the threefold cord of **Ecclesiastes 4:12**: two are strong, but the cord that holds is braided with a third strand, and that strand is God Himself, woven into every covenant in the room. Send them out not as graduates but as teammates, hitched together, pulling more than double, because the LORD their God fights for them.

Close the walk

Go around once, couple by couple: name one word from the twenty-eight that the two of you are taking with you. Then end in prayer. The walk does not end here; the posture goes home with them.

The 28 Words

A quick reference for the whole walk. Hebrew unless marked; twelve words are Greek and one is Aramaic. Days 7, 14, 21, and 28 are the week capstones. Anchors are starting points for reading aloud; members read the full text in the app or their own Bible.

DAY	TITLE	WORD	MEANING	ANCHOR
1	Two Become One	Echad	One: two lives, one team	Gen 2:24
2	The Ally God Made	Ezer	The ally beside you, not beneath you	Gen 2:18
3	One Shoulder	Shekhem	Shoulder: the teammate posture	Zeph 3:9
4	The Real Opponent	Palē (Greek)	Wrestling: never against your spouse	Eph 6:12
5	The Math of Two	Revavah	Ten thousand: the exponential math of two	Deut 32:30
6	The Third Strand	Chut	Cord: the third strand that holds	Eccl 4:12
7	The Witnessed Vow (capstone)	Berit	Covenant: the vow God witnessed	Mal 2:14
8	Quick to Hear	Shama	Hearing that becomes action	Deut 6:4
9	Slow to Speak	Bradys (Greek)	The pace that keeps words from wounding	Jas 1:19
10	The Soft Answer	Rak	The opening word that turns wrath away	Prov 15:1

11	Words That Build	Oikodomé (Greek)	Speech as construction, not demolition	Eph 4:29
12	The Power of the Tongue	Lashon	Death and life in the smallest muscle	Prov 18:21
13	Before the Sun Goes Down	Parorgismos (Greek)	The grievance you refuse to sleep beside	Eph 4:26–27
14	Make a Study of Them (capstone)	Gnōsis (Greek)	Making a study of the one you married	1 Pet 3:7
15	The Rival Master	Mamona (Aramaic)	Wealth as master: the thing you trust instead	Matt 6:24
16	Where the Treasure Went	Thēsauros (Greek)	The ledger that trains the heart	Matt 6:21
17	Ours	Koinōnia (Greek)	Mine and yours becoming ours	Phil 1:5
18	The Learned Secret	Autarkeia (Greek)	Enough, learned rather than found	Phil 4:11–12
19	The First Check	Reshit	The first line that orders the budget	Prov 3:9–10
20	Count the Cost Together	Psēphizō (Greek)	Planning as a two-person act	Luke 14:28
21	Faithful With Little (capstone)	Pistos (Greek)	Stewardship the two of you hold together	Luke 16:10–11
22	To Know	Yada	Fully known, not just touched	Gen 4:1

23	This Is My Beloved	Dod	Desire spoken out loud, without shame	Song 5:16
24	Naked and Unashamed	Arom	Vulnerability with no cover needed	Gen 2:25
25	Do Not Withhold	Apostereō (Greek)	Availability as gift, never a weapon	1 Cor 7:3–5
26	Catch the Little Foxes	Shu'al	The small spoilers of the vineyard	Song 2:15
27	Cherish	Thalpō (Greek)	To warm and nourish as daily practice	Eph 5:29
28	The Mystery of One (capstone)	Basar Echad	One flesh: the mystery, fully walked	Gen 2:24; Eph 5:31–32

Care, Boundaries, and Support

Crisis Resources (always available in the app)

If anyone in your group is in crisis or thinking about self-harm, encourage them to reach out right away. **Call or text 988** (Suicide and Crisis Lifeline). **Text HOME to 741741** (Crisis Text Line). These are on every emotional screen inside Selah. In an emergency, call 911.

If a Marriage Is Not Safe

National Domestic Violence Hotline: 800-799-7233, or text START to 88788. If anyone discloses pressure, coercion, fear, or harm in their marriage, safety comes first. Meet with them privately, believe them, and connect them to help: the hotline, a pastor, a licensed counselor. You are not an investigator and not a counselor, and a group study is never the tool for an unsafe marriage. Set the study aside for that person and get them to the right hands.

The Leader's Boundary

You are a shepherd, not a marriage counselor. Your job is to keep the room safe and kind, guard the Vault Rule, and walk alongside couples, not to diagnose or treat. Selah provides the structure and the word studies; it offers evidence-based reflection, not therapy or counseling. When something surfaces that is bigger than the group, point the couple gently toward their pastor or a licensed marriage professional. That is not failing them; it is caring for them well.

ABOUT SELAH

Selah is a free, mobile Bible-based reflection app that pairs the wisdom of Scripture, in the original Hebrew, Greek, and Aramaic, with evidence-based reflective practices. It is a ministry tool, not therapy or counseling. The AI feature inside the app is a **Companion**; it is never a counselor, and it does not replace pastoral care or professional help. The first seven days of every walk are always free. The extended days are supporter-backed so the app can stay free at the door for everyone.

SUPPORTING THE WALK

If your couples want to continue past Week 1 together, becoming a supporter (\$4.99 a month or \$39.99 a year) unlocks Days 8 through 28 and helps cover what it costs to run Selah, especially the AI Companion. There is no pressure. Support is a way to help keep the door open for the next couple, not a toll for walking through it.

QUESTIONS ABOUT THE APP

For anything technical, an account issue, or something not loading, email **Support@SelahApp.App**. For leading this study, this guide is your companion. Everything you need is here.

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Scripture references are for reading aloud; members read full text in the app or their own Bible.