

## One week, one sail: the Weekly Family Meeting.

Sail of the Week: *The Weekly Family Meeting* · Ephesians 5:25–28 · Rule: **ONE SACA completes the week.**

**What you need:** your iPhone + Calendar, your wife's buy-in, 15 minutes Monday, 20 minutes for the meeting itself.

### MONDAY — Put it on the calendar (15 min)

- 1. Ask your wife: what 20-minute slot works *every* week? (Sunday dinner? Thursday after bedtime?) Her buy-in is half the meeting.
- 2. Create the recurring **Calendar** event — 20 minutes, same time weekly, whole crew.
- 3. Save this prompt in Claude: *“Draft our family meeting agenda: wins this week · what's ahead · one decision we need to make · one prayer.”*

### DAY BEFORE THE MEETING (5 min)

- 4. Run the saved prompt — tell Claude what actually happened this week. Cut anything that doesn't sound like you.

### MEETING DAY (20 min)

- 5. Run it. Wins first. One decision max. **End on the prayer — every time.**
- 6. Tick “Family Meeting held” (Habitify) when it's done. The streak is the accountability.

### SUNDAY — Sabbath

- 7. Mark the **Chart: SACA 3 — Stand Up the Weekly Family Meeting** → week complete.

#### THE LINE TO HOLD

AI builds the agenda; you build the men and women at the table. The tool never sits at the head. — “Husbands, love your wives, as Christ loved the church.” (Ephesians 5:25)

### Want more this week? (all optional — the week is already complete)

**SACA 1 — The 5-Minute Wife Audit.** Ask AI how your wife would describe this month from her chair. A mirror for you — never a script for her.

**SACA 2 — Prep One Hard Conversation.** AI is the prep room, not the pulpit. Have the conversation without AI in the room.

**Going Further.** Letter to Your Wife; the 7 daily drills live under “Optional depth.”