



Week One

Opening Prayer

God, thank you for the safe, fun space you give us to talk about our lives and the ways you are inviting us to grow. Help us to hear what you have for us today. Amen.

Talk It Over

This week we kicked off our new series with a talk on marriage. Whether you are married or single, know that this discussion guide has been created for everyone.

- Where did your earliest examples of marriage come from? What messages, for better or worse, did these early examples teach you?
- Tell us about an image or expectation you once had about marriage that you have had to adjust. Even if you are single, this question still applies to you.
- Who in your life has a marriage you deeply admire and respect? What is it about their marriage that stands out to you?

Read Romans 12:2 (ESV), 1 John 2:6 (ESV), and Ephesians 5:1-2 (ESV)

While our culture often teaches us that marriage is about finding the right person and getting what you can out of people, the New Testament — or the part of the Bible that came after Jesus — teaches us that much of life is about growing in maturity with the help of God. This means instead of living life asking “What can you do for me?” we can live life asking God “What are you doing in me?”.

- While God at the center of a relationship doesn't mean a relationship is perfect, a relationship made up of two people seeking God should change things. What are some real-life ways God being at the center of a relationship might help a relationship?
- How have you seen God use your marriage to help you grow? If you aren't married, how have you seen a marriage cause growth in someone you love?

Read Ephesians 4:26-31 (NLT)

God invites us all to rewrite the scripts of our marriages, relationships, and lives. While God desires to be a part of our growth, rewriting our scripts also takes conscious effort. We must do the work of choosing to get better. We all have patterns of engagement that need to be evaluated and adjusted.

- What are some of your go-to moves when you're upset?
- As a follow up to the last question, what are some of the healthier response patterns you have had to consciously use for the sake of your marriage or close relationships?

Read Ephesians 4:32 (NLT)

- If you are married, in what way could you be kinder to your spouse?

- Forgiveness can be hard and take a lot of effort. Tell us some of the tips you have learned in life to help you move towards forgiveness when forgiveness is hard.
- Tell us about a time you asked your spouse or someone close to you for forgiveness. What was that experience like?
- In your own words, describe why unforgiveness is so dangerous.
- Forgiveness doesn't mean denying an offense occurred or allowing a relationship to return back to what it was before. How have you seen forgiveness and healthy boundaries play out in the context of a real-life situation?

Closing Prayer

God, you know us and you love us. You love us so much that you desire to help us grow and you desire to help us walk in relational wisdom. For those of us married in this group, give us grace and wisdom to care for our marriages well. In all our relationships, help us be humble and wise for the sake of our relationships, our own growth, and for your glory. Amen.

How To Use this Discussion Guide

The guide is meant to serve you and your group as you intentionally create space to grow in friendship and faith. Use the guide as a tool to help your unique group.

With that in mind, consider reviewing the guide before your group to see if some content or questions might resonate more or less with your group. Don't feel pressured to read all the content or to hit all the questions. The guide is not meant to be something you power through for the sake of completing. Pick the content from the guide you feel will help foster friendship and faith in your specific group.

In addition, spend some time praying for your group each week, preparing your heart, and asking God for wisdom and guidance as you lead.