

June 9th - 15th, 2019
Community Group Outline
Real Life | Real Marriage

Read: Ephesians 5:21 together and replace the word “submit” with the word “YIELD”.

Pray: As a group, *“Dear Heavenly Father, through the leading of the Holy Spirit please help us to yield to one another as a group. Help us to listen to one another and be open as we listen to you. Please speak to us through your word and may it bring us peace, comfort, hope, direction, and most of all into your presence in a life-changing way.”*

Study and Discuss:

What was the main point of this past week's sermon on “Real Marriage”?

Was there anything that convicted you or encouraged you?

Read Ephesians 5:21-33 together (have a few people read)

1. What does it mean to mutually submit? Why are we to do it?

2. Verses 22-24 speak to the wife, what does God mean by this? How do you understand it in real life? How have you experienced or witnessed it (positive or negative)?

3. Verses 25-32 speak to the husband, what does God mean by “As Christ does the Church”? How do you understand the role of the husband? How have you experienced or witnessed it (positive or negative)? 1 Peter 5:2-3, “not lording it over.”
 - a. What is the main point of how we are to treat our spouse?

Discuss: Worship God with your marriage! Whether your spouse is a follower of Jesus or not, you can practice worshipping God with your marriage.

Here are some ways how:

Pray: Pray together out loud regularly. If this is not comfortable for both of you, pray with your spouse and don't pressure them to do anything but listen. If none of this is possible, pray for your spouse every day, sound advice for everyone. Thank God for them and be specific, ask God to reveal Himself to them, to bless them. Ask God to show you how you can serve your spouse in meaningful ways.

Talk: Make intentional time to be together to talk and listen. Pay attention to how much you are saying compared to them. Ask questions. It does not always have to be heavy or deep, casual conversation, laughter, life dreams, even hearing life frustrations are things to talk about. Most important, make it your goal to understand your spouse

June 9th - 15th, 2019
Community Group Outline
Real Life | Real Marriage

better as every year passes. Read the word together and discuss it. If this is not possible, read it and share what you learned with your spouse, "hey, I read this or heard this today, thought you might like it."

Serve: Serve your spouse, even if they don't serve you back. We all have our usual life roles of what we usually do and what is expected of us, but think of and try different ways to serve and encourage your spouse. Doing the dishes or cooking a favorite meal is great. There are also many more ways, as well. Serving is the sacrifice of time, comfort, resources, for the benefit of another without expecting or receiving anything in return. Find a way to serve God together. If your spouse is a believer, this will be easier. If your spouse is not interested in "church stuff," find someplace to volunteer in your community together.

Grace: Give yourself some grace, you are a flawed human with limited abilities who is trusting in Jesus and his unlimited ability. All by His grace and not by your doing, God gives you grace, you need to give yourself some. Give grace to your spouse, provide them with room to grow, love them for who they are right now. Have some grace for your marriage, you may not be where you want to be or where others are, but you are not anyone else you are you, and no one else is living out your marriage, you are! Keep pursuing Jesus in your life and marriage every day, and leave the results and progress up to Him.

Forgive: This one is hard to do sometimes, especially when it is a big offense. For heavier issues get the help of a Lic. counselor. For the everyday offenses, be quick to apologize on your side and quick to forgive them. Whether it is mutual doesn't matter. Forgiveness is a high level of unconditional love and we worship God when we give true forgiveness. 1 Corinthians 13:4-8. Forgiveness frees us of the root of bitterness and blesses our spouse in return. Ultimately it is one of the best living examples of the Gospel in practice.

Enjoy: Have fun! It cost zero dollars to find ways to have fun. Find ways to enjoy each others company. Have a weekly date within your budget. Make plans together for your dream vacation (even if you never go on it), Fall in love with them again every day. Find some common interests and enjoy them together. Spend time with other couples once in a while who are healthy and like-minded. HAVE SEX, often! Hey, listen God wants you to enjoy sex with each other, it's in the Bible Proverbs 5:18-19, Song of Songs. Explore new things and make it adventurous, be creative, as long as it is consensual and only involves the two of you, go for it! Be sure that it is mutually fulfilling, serve each other in this area as well. If there are reasons sex is not possible, spend time in close physical contact as much as you can.

How can the group help support you in these areas?