

Light

ChatRoom



From this day forward

Grow together till death
do you part.

Commitment 1: Seek God

Introduction

Watch the Session 1 Introduction Video.

Use this discussion guide to follow along and take notes during the video.

Marriage Assessment

Before you begin this series, take a moment to take the marriage/engaged assessment provided. This assessment will help you understand where your relationship currently stands as related to the five commitments you will be learning about. There is an assessment for couples who are currently married and an assessment for couples who are engaged.

Talk It Over

How would you evaluate the current state of your relationship? Share what's good and what's not so good.

Seek God

Press Play: Watch the Session 1 Seek God Video.

God is your _____ and your spouse is your _____.

Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’”

—Matthew 22:37-39 NIV

I will always seek the _____ with my _____.

How Do We Seek God?

__Pray __together every day.

... if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.

—2 Chronicles 7:14 NIV84

According to a Marriage Survey...

Fewer than _____percent of Christian couples pray together regularly (FamilyLife Survey, USA)

Of those couples who do, fewer than _____ percent divorce (Gallup Poll by the National Association of Marriage Enhancement, 1997).

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

—Matthew 6:33 NIV

Talk It Over

How much of a priority is seeking God together for you right now?

Living It Out With Dr. Kim

Press Play: Watch the Session 1 Living It Out

Dr. Kim Kimberling has been a professional counselor for nearly 30 years and holds a PhD in Christian counseling and a doctor of ministry degree in Christian counseling. He also holds a master's degree in Christian ministry and a master's in theological studies. He is president and co-founder of Family Christian Counseling in Oklahoma City. Most importantly, Dr. Kimberling is passionate about helping equip couples for a successful marriage.

Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

—Ecclesiastes 4:12 NIV

A cord of three strands for a healthy marriage means God, the husband, and the wife are all woven tightly together. This is God's plan for marriage.

Practical Ways to Seek God as a Couple

1. Attend church together.
2. Read the Bible together.
3. Pray together.

Steps You Can Take to Begin Praying Together

1. Realize there is no right or wrong way to pray together. Just start.
2. Pray whatever you want to pray.
3. Pray a simple prayer, or start with the Lord's Prayer.
4. Pray out loud or silently.
5. Share with each other what you would like to pray about.
6. Find out how comfortable each of you is with praying, and then start at the level of the one who is least comfortable.

Talk It Over

1. How would you like to see God woven into your relationship?
2. What are some of the benefits you've experienced of praying together?
3. If you're not praying together, what's preventing you from doing so?
4. In addition to praying together, what other things do you need to do in your relationship to seek God? What steps will you take to do these things?

Next Steps

Having a healthy marriage starts with seeking God. Your next steps for this first session are geared to help you both begin seeking God together, if you are not doing so already. There are great devotionals available on YouVersion Bible App that you can choose from that will give you an opportunity to pray together and read God's Word together each day for the next few weeks. Choose whichever plan sounds best for your relationship. Here is one that works through the principles of this course to get you started:

From This Day Forward YouVersion Bible Plan. This 33-day plan explores the five commitments you will learn during this series. Each day, this Bible Plan will give you a passage of Scripture to read together, something to pray

about together, something to discuss with each other, and an activity for you to do together. Find the Bible Plan at www.go2.lc/ftdfplan.

Session 1: Seek God Answer Key

God is your **one**, and your spouse is your **two**.

I will always seek the **one** with my **two**!

How Do We Seek God?

Pray together every day!

According to a Marriage Survey...

Fewer than **8** percent of Christian couples pray together regularly.

Of those couples who do, fewer than **1** percent divorce.

Assessment for Married Couples

This assessment is designed to help you and your spouse better understand where you are in your marriage regarding the five commitments you will be learning about during this series. The survey results will help you and your spouse determine which of these five commitments to focus on the most. It's essential to be authentic and honest in your answers.

After answering the questions, tabulate your scores for each section to see how well you are doing in those areas.

On a scale of 1 to 5, with 1 being definitely not true and 5 being definitely true, answer each question below.

Section 1: Seeking God

I regularly spend time alone praying and reading the Bible. _____

My spouse and I regularly spend time praying and reading the Bible together. _____

Seeking God is a priority in my marriage. _____

We regularly attend church together. _____

God is the number one priority in our lives. _____

Total Section Score: _____

Section 2: Fight Fair

My spouse and I fight fair. _____

My spouse and I effectively manage conflict in our marriage. _____

My spouse and I communicate openly and honestly.
My spouse listens when I'm talking. _____

My spouse and I are careful to guard our anger and our words with each other. _____

Total Score: _____

Section 3: Have Fun

My spouse and I intentionally take time to talk with each other.

My spouse and I have regularly scheduled date nights.

My spouse and I have activities we often enjoy doing together.

My spouse and I are pleased with the frequency and quality of our sexual relationship.

My spouse and I enjoy a high level of intimacy with each other.

Total Score:

Section 4: Stay Pure

My spouse and I have our own accountability partners.

My spouse and I have a high level of trust with each other.

My spouse and I have taken proactive steps to prevent impurities from entering our marriage.

My spouse and I have set boundaries when it comes to how we interact with the opposite sex.

My spouse and I feel that purity is not a weakness in our marriage.

Total Score:

Section 5: Never Give Up

My spouse and I have never used the word divorce.

My spouse and I support each other during difficult times.

When it comes to our marriage, my spouse and I tend to be positive instead of negative.

My spouse and I feel our marriage is in a great place.

My spouse and I feel that purity is not a weakness in our marriage.

Total Score:

If your score for each section is:

25 – 21: Your relationship is very strong in this area.

20 – 15: Your relationship is doing okay in this area, but some work is needed.

14 – 10: Your relationship is struggling in this area, and you need to take steps to improve this commitment.

9 – 5: This is a major problem area for your marriage that requires immediate help.

Assessment for Engaged Couples

This assessment is designed to help you and your future spouse gain a better understanding of where you currently are in your relationship with regards to the five commitments you will be learning about during this series. The results of this survey will help you and your future spouse determine which of these five commitments to focus on the most as you are building the foundation for your new marriage. It's important to be authentic and honest in your answers.

After answering the questions, tabulate your scores for each section to see how well you are doing in those areas.

On a scale of 1 to 5, with 1 being definitely not true and 5 being definitely true, answer each question below.

Section 1: Seeking God

I regularly spend time alone praying and reading the Bible. _____

My future spouse and I regularly spend time praying and reading the Bible together. _____

Seeking God is a priority in our relationship. _____

We regularly attend church together. _____

God is the number one priority in our life. _____

Total Score: _____

Section 2: Fight Fair

My future spouse and I fight fair. _____

My future spouse and I effectively manage conflict in our relationship. _____

My future spouse and I communicate openly and honestly. _____

My future spouse listens when I'm talking. _____

My future spouse and I are careful to guard our anger and our words with each other. _____

Total Score: _____

Section 3: Have Fun

My future spouse and I intentionally take time to talk with each other.

My future spouse and I have a great time on dates.

My future spouse and I have activities we often enjoy doing together.

My future spouse and I would rather spend time together than apart.

My future spouse and I enjoy trying new activities together.

Total Score:

Section 4: Stay Pure

My future spouse and I have our own accountability partners.

My future spouse and I have a high level of trust with each other.

My future spouse and I have taken proactive steps to prevent impurities from entering into our future marriage.

My future spouse and I have set boundaries to remain pure until marriage.

My future spouse and I have remained pure with each other while dating.

Total Score:

Section 5: Never Give Up

My future spouse and I feel like we have a strong vision for our marriage.

My future spouse and I support each other during difficult times.

When it comes to our relationship, we tend to be positive instead of negative.

8My future spouse and I feel our relationship is in a great place.

My future spouse and I are not selfish with each other.

Total Score:

If your score for each section is:

25 – 21: Your relationship is very strong in this area.

20 – 15: Your relationship is doing okay in this area, but some work is needed.

14 – 10: Your relationship is struggling in this area, and you need to take steps to improve this commitment.

9 – 5: This is a major problem area for your marriage that requires immediate help.