

Sunday School

Marriage Series (Winter 2024)

Extension Activities

Week One: The Purpose of Marriage

Start a Marriage Meeting (brief, four part meeting with these sections: Appreciations; Business; Plan for Good Times; Problems and Challenges). This week, spend extra time preparing for the “Appreciations” portion.

- How are we doing “working and keeping” what God has given us dominion over?
- How are we helping one another become who God has created and called us to be?

Week Two: The Context for Marriage

Before your marriage meeting, do a marriage inventory and discuss it at your meeting and then debrief with a trusted couple.

- Marriage Assessment: <https://www.focusonthefamily.com/themarriageassessment/>
- Discussion Guide: <https://www.focusonthefamily.com/marriage/perfect-10-marriage-assessment-guide/>

Week Three: The Proverbs 31 Man—Disciplined Wisdom

Begin a shared prayer list/journal (pen & paper, Apple Note, Google Doc, etc.) and set aside a few minutes to pray together each day

Week Four: The Proverbs 31 Woman—Wise Hospitality

At your marriage meeting, discuss how the blessings of your home can serve others. “Plan for good times” to extend that blessing to a neighbor in the next few weeks.

Week Five: Husbands—Cultivating Courage

At your marriage meeting, during the business portion, do an audit of how your household spends your time. Does your reality reflect the priorities you imagine you hold together?

Week Six: Wives—Cultivating Contentment

At your marriage meeting, during the “problems and challenges” portion, take an honest look at where comparison might be stealing the joy from your home. Make a list of all the pressures to conform or perform you feel and assess whether they are legitimate or not.

