



## *Marriage Momentum - Sunday, September 23<sup>rd</sup>*

### **SCRIPTURE:**

Proverbs 18:24

*"There is a friend that sticks closer than a brother."*

Mark 10:45

*"For even the Son of Man did not come to be served, but to serve."*

Ephesians 2:4

*"Each of you should look not only to your own interests, but also to the interests of [your spouse.]"*

John 20:23

*"If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven."*

1 Corinthians 10:13

*"No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it."*

James 5:16

*"Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. (The Message)"*

Galatians 6:2-3

*"Carry each other's burdens, and in this way you will fulfill the law of Christ. If anyone thinks he is something when he is nothing, he deceives himself."*

Matthew 18:15-16

*"If your [spouse] sins against you, go and show them their fault, just between the two of you. If they listen to you, you have won them over. But if they won't listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses.'"*

Proverbs 15:22

*"Plans (marriages) fail for lack of counsel, but with many advisers they succeed."*

## Sermon Points:

- *Marriage Myth #1 – My spouse should be my best friend.*
- *Reality check - Your spouse **might** be your best friend. You may have other best friends, but your spouse should be your best friend of that gender.*
- ***Momentum Truth #1: Focus on being the best friend you can be to your spouse. Be a safe place for them to share anything without judgment.***
- *Marriage Myth #2 – My spouse should be able to meet my needs.*
- *Reality check - Your spouse will meet some of your needs, but no human person will meet all your needs.*
- ***Momentum Truth #2 - Focus on serving your spouse and meeting their needs.***
- *Marriage Myth #3 – In a great marriage, there is not much conflict.*
- *Reality check - Conflict is inevitable in every relationship.*
- ***Momentum Truth: Unconditional forgiveness is essential to healthy marriages***
  - *5 Super Important Words: “I’m sorry. I was wrong.”*
  - *5 More Super Important Words: “It’s okay. I forgive you.”*
- *Marriage Myth #4 – Other couples aren’t having the same kinds of troubles we are having.*
- *Reality check – Every couple has their stuff!*
- ***Momentum Truth: Talk to other people you trust about your stuff.***
- *Marriage Myth #5 – We don’t need outside help for our marriage.*
- *Reality check - We ALL need objective 3rd party input to help us work through stuff.*
- ***Momentum Truth: Be intentional about investing in your marriage.***

## DISCUSSION QUESTIONS

1. If married, how did you know that he or she was the “one?” If single, then how will you know he or she is the “one?”
2. Who is your best friend right now and why?
3. Why is it not very wise to expect your spouse to meet all your needs?
4. What is the last thing you fought about or that caused a conflict in your marriage? How did you resolve it?
5. In this social media age, why is it so hard to believe that “every couple has their stuff?”
6. What keeps couples from seeking out help for their marriages?
7. What is one thing God spoke to your heart today? What is God calling you to do in response to what you heard?
  - Action Steps: If single, then build healthy friendships with people of the opposite sex. If married, then sign up for the [Marriage Momentum Weekend](#) or make an appointment with a counselor or pastor.
  - If you need help figuring out your “next steps,” including finding a counselor or a Small Group connection, then email [connect@covechurch.com](mailto:connect@covechurch.com).