

February 8/9, 2020

TALK ABOUT IT



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TEACHING OVERVIEW

Pastor Ken and his wife, Serena, shared on what they have learned through 28 years of marriage. They shared the importance of transformation in our individual lives and how that plays out in marriage. There were practical tools shared on "Fair Fighting" and choosing to love each day.

NEW GROUP MEMBERS?

If you have new members, take time to get to know them. Have them share about their family, job, and how long they've attended Cypress. Have the rest of the group do the same. Do a fun question before jumping into the study. For example, share a fun fact that many people don't know about you.

Encouragement

Last week, we talked about sex from the Biblical perspective. Share one thing that you either learned for the first time or was reminded of that resonated with you?

What's a positive habit you have successfully integrated into your marriage/relationships?

Scripture & Discussion

Read: Galatians 6:14-16 (NLT)

Discuss:

1. The ultimate "goal" in our lives and in our marriages is to become more like Christ. What does the world tell us marriage is about? How does it compare to this?
2. God can redeem any past. How does this truth give you hope. Share what God has redeemed in your life.

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Read: 1 Corinthians 13:4-13

Discuss:

3. Which of the "love is not" statements is the hardest for you? Which of the "love is" statements do you see lived out in your spouse/significant other/relationships the most?

Read: Colossians 3:12-14

Discuss:

4. We are called to clothe ourselves with all that is mentioned. But conflict is inevitable. Do you often want to be right in conflict? How can you humble yourselves in moments of conflict in relationships?

5. What can you do this week, month, year to actively show empathy and/or validation in your marriage and/or relationships?

Prayer

This week pray for your spouse or significant other. If you are single, pray for your potential future spouse. Then pray for yourself that you will continue to seek God and His transforming grace.

Next Steps

Choose every day to put on love. Love God. Love your spouse & family.

What is one thing you can do this week in your relationships to pursue our goal of becoming more like Christ? Act on it.

If you are married, write out "Fight Fair Rules" to help you navigate conflict in a healthy way. Pastor Ken & Serena shared 8 with us this weekend. Use these as guidelines for your own:

1. Have a place
2. MRI... where the Marriage Really Is
3. Bedroom is for only 3 things (Serenity, Sleep, Sex)
4. You get to call 3 time outs
5. Write out your issue
6. What happens in vagueness, stays in vagueness
7. No weaponizing (you always, you never)
8. No talking about certain topics after a specified time (ex. 7pm)