



May 20th 2018: Cast Away Marriages

Opening

- What are your five favorite novels, the five worst movies you've ever seen, five foods you'd prefer not to eat again, five cities you'd most like to see and your favorite five TV shows of all time?

Discussion

- After last week, did you have any hopes, dreams, or desires conversations? How did they go? Where there any hopes, dreams, or desires you realized you had once you starting thinking about it?
- In a marriage relationship, when do hopes, dreams, and desires turn into expectations? Why?
- Can you think of a place where you have not expressed gratitude to another person because you "expected" that thing?
- [Read 1 Peter 5:5](#). What does a humble person do in comparison with a proud person?
- How can you clothe yourself with humility?
- Where in your life do you struggle with pride? Where do you struggle with letting people help?
- Why is God against the proud and not against "sinful people?"
- How is humility an invitation for God to work?
- [Read 1 Peter 5:6](#). "Humble yourselves, therefore, under God's mighty hand." What does that mean, practically?
- How does the idea of humbling yourself change when you view God's might hand as protection and safety?
- [Read 1 Peter 5:7](#). How has anxiety affected your life? What would it look like to cast all your anxiety on him? What would it look like to cast all the anxiety you may have about your hopes/dreams/desires box on him?
- [Read Psalm 55:12-23](#). List the practical applications to prayer found in these verses.

Application

- What are some practical ways to practice submission this week, both to God and to your spouse?
- Eric said, "Don't pray polite prayers. Don't pray formal prayers. Pray honest prayers." What is the difference between a polite prayer, a formal prayer, and an honest prayer?
- Practice praying this way as a group. Spend some time praying honestly to God without worrying about being formal or polite.
- When you're at home this week, practice praying with your hands physically open and watch how it changes your both your posture and your prayer.