

Life Group Lesson

Going the Distance in Relationships - Week of Feb. 1

It All Began in a Garden

Read: Genesis 1:26-31

Further Study: John 19:28-42, Revelation 1:4-8 and 21:1-9, Zechariah 12:10-14, Hebrews 13:4

Goal: To understand that from the beginning God has pursued you and wants to be in a loving covenant relationship. You are created in God's image and so is your spouse, thus, we must value and honor marriage as it points to Christ. (Note: words like spouse/friend/family can be used interchangeably in most cases)

- Share how you and your spouse met—or, if not married how your parents met?
- Think of a marriage that goes the distance. What does that look like to you?
- What myths have you believed about marriage or other relationships?

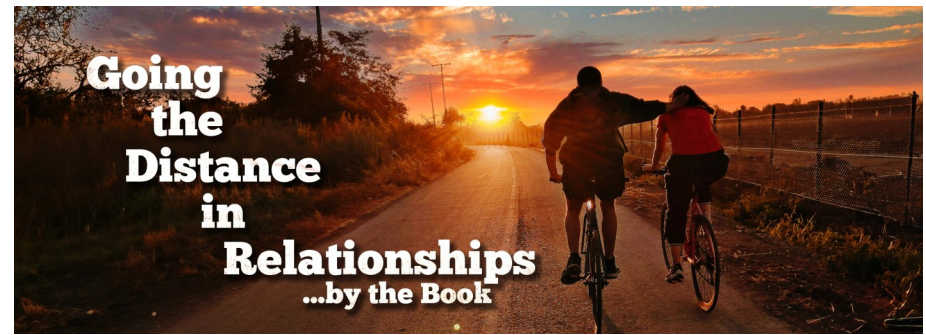
Digging Into the Bible

- Read Genesis 1:26-31 and insert your name (or you and your spouse's name) in place of the words 'human beings'.
- How does it feel to be made in God's image and be charged with divine authority to govern your life well?

Going Deeper and Action Steps

- In five words (or so) what goal do you desire for your marriage.
- Ask your spouse or friend, "Name one or two things I could do now to show I value you". Write down what she or he says then begin implementing the request.

Prayer Time — Hold hands and pray a blessing over your spouse or friend.



Text: Genesis 1:26-31

Plain Truth:

The Gospel is _____ the _____ of God.

A. Imago Dei—We are Created in the _____ of God.

B. The _____ - the _____ broken.

C. Finding _____ and _____

PRACTICAL STEPS:

1. Begin looking at your spouse as _____.
2. Begin asking, "How can I _____ you now? "
3. Do you see yourself as _____?
4. Begin _____ that the _____ would be restored in you.
5. Instead of _____ "Make _____ work"
6. Let's pray that you might receive that this image of God what was lost in the garden of Eden can be restored in each of us through Jesus Christ.

One Year Bible Reading For This Week:

February 1: Exodus 13:17-15:18, Matthew 21:23-46, Psalm 26:1-12, Proverbs 6:16-19
February 2: Exodus 15:19-17:7, Matthew 22:1-33, Psalm 27:1-6, Proverbs 6:20-26
February 3: Exodus 17:8-19:15, Matthew 22:34-23:12, Psalm 27:7-14, Proverbs 6:27-35
February 4: Exodus 19:16-21:21, Matthew 23:13-39, Psalm 28:1-9, Proverbs 7:1-5
February 5: Exodus 21:22-23:13, Matthew 24:1-28, Psalm 29:1-11, Proverbs 7:6-23
February 6: Exodus 23:14-25:40, Matthew 24:29-51, Psalm 30:1-12, Proverbs 7:24-27
February 7: Exodus 26:1-27:21, Matthew 25:1-30, Psalm 31:1-8, Proverbs 8:1-11

February 1, 2026