

4 WEEKS

RELATIONSHIP GOALS!



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TABLE OF CONTENTS

	WEEK 1 Christ-Centered	4
	WEEK 2 Mission Driven	6
	WEEK 3 Devil Kicking	8
	WEEK 4 Covenant Keeping	10
Top 10 Tips for Leading a Small Group.....		14
Group Agreement		15



CHRIST CENTERED

SMALL GROUP STUDY

Kicking it off:

What's the dumbest thing you have fought about with a loved one?

Big Idea:

In a Christ-centered marriage, Jesus is your "one" and your spouse is your two.

Key Scriptures:

Genesis 2:18, 21-24 NLT

"Then the LORD God said, "It is not good for the man to be alone. I will make a helper who is just right for him." ... So the LORD God caused the man to fall into a deep sleep. While the man slept, the LORD God took out one of the man's ribs and closed up the opening. Then the LORD God made a woman from the rib, and he brought her to the man. "At last!" the man exclaimed. "This one is bone from my bone, and flesh from my flesh! She will be called 'woman,' because she was taken from 'man.'" This explains

why a man leaves his father and mother and is joined to his wife, and the two are united into one."

Matthew 22:36-37

"Teacher, which is the greatest commandment in the Law?" Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind."

Discussion:

1. Have you grown up with the idea of finding "the one"? Whether married or single, discuss how that mindset impacts relationships.
2. Read Genesis 2:18, 21-24 regarding God's establishment of the marriage covenant. What do you learn about marriage from this passage?
3. This week's message centers around being Christ-centered in your marriage; the big idea being that Jesus is your "one", and your spouse is your two. Whether you're single or married, how does that go against the flow

in our culture?

4. Read Matthew 22:36-37.
When you love the Lord as your number one, how can that impact your relationship with your spouse or significant other?
5. Share your current top three values in your life and in your relationship.
6. With Christ as the center of your life and relationship, how does/would that impact your values?
7. If a stranger found your calendar and budget for this week, what would they think your life is centered around?
8. What's something simple you're ready to do to put Jesus at the center of your life?

Wrapping It Up:

For the next week, commit to pray daily, and if you're in a relationship, pray together with your spouse or significant other.

Prayer Focus:

Pray for Night to Shine, February 12, that all of our special friends will feel loved and valued.

Memory

Verse:

**"Love the
Lord your
God with all
your heart
and with all
your soul
and with all
your mind."**

**Matthew
22:37**



MISSION DRIVEN

SMALL GROUP STUDY

Kicking it off:

What's the most exciting or fun mission you've ever been part of?

Big Idea:

The foundation of a godly marriage is unity and mission.

Key Scriptures:

Genesis 1:27-28

"So God created mankind in his own image, in the image of God he created them; male and female he created them. God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. ..."

Matthew 28:19-20

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Genesis 2:24 NLT

"This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one."

Amos 3:3 NLT

"Can two people walk together without agreeing on the direction?"

Proverbs 29:18 KJV

"Where there is no vision, the people perish..."

Discussion:

1. Last week's discussion involved how having a Christ-centered marriage affects your values. But, when you have Christ as the center of your marriage, you then also have a mission as a couple. Read Genesis 1:27-28. What was the first thing God did after creating Adam and Eve?
2. Read Matthew 28:19-20. The very first thing that God says to the very first couple is, "you have a mission". The very last thing that Jesus said before He ascended

into heaven is, "here is your mission". How do those missions translate into your life? Into your marriage?

3. Read Genesis 2:24 and Amos 3:3 How can you tell when a couple is united as one in mission and "walking together"?
4. Read Proverbs 29:18. Where there is no unity of mission and vision in marriage, struggles often ensue. What is something that has been divisive for you in your marriage? If you're single, where have you been distracted from your God-given mission?
5. How might you become more united and mission-driven in your marriage? If you're single, how can you pursue the mission God has given you in the coming week?

Wrapping It Up:

Write down your mission in a sentence or two. If you're married, or in a serious relationship, write it together. Then, decide how you will live it out.

Prayer Focus:

Pray for our Starting Point participants; that those who

come with questions about faith will come to know Christ as Savior.

Memory

Verse:

**"This
explains why
a man leaves
his father
and mother
and is joined
to his wife,
and the two
are united
into one."**

Genesis 2:24

NLT



DEVIL KICKING

SMALL GROUP STUDY

Kicking it off:

If you knew a thief was going to break into your house, what would you do in advance to protect it?

Big Idea:

The evil one loves to destroy marriages, so be on guard to protect yours!

Key Scriptures:

Ephesians 6:11-12 NLT

"Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world..."

1 Peter 5:8 NLT

"Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour."

Song of Songs 2:15

"Catch for us the foxes, the little foxes that ruin the vineyards, our vineyards that are in bloom."

Ephesians 5:3

"But among you there must not be even a hint of sexual immorality, or of any kind of impurity..."

Proverbs 4:14-15

"Do not set foot on the path of the wicked or walk in the way of evildoers. Avoid it, do not travel on it; turn from it and go on your way."

1 Corinthians 10:12-13

"So, if you think you are standing firm, be careful that you don't fall! No temptation has overtaken you except what is common to mankind. 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 endure it."

Discussion:

Read this week's Scriptures and discuss the following:

1. In this past week, what sought to distract you from being Christ-centered and mission-driven?
2. This week's focus is on defending against the enemy of our souls who seeks to destroy what God has made good, our marriages. Do you really believe such an enemy exists? Why or why not?
3. Song of Songs 2:15 speaks of the little foxes that can destroy the vineyards. In the same way, it's the seemingly little distractions or annoyances that can destroy your relationship. Discuss what little foxes might be a threat to your "vineyard".
4. Define some choices that might lead someone toward temptation. What choices would lead away from it?
5. Where are you most vulnerable to spiritual attacks or seductions?
6. What does slamming the door on temptation look like for you?
7. Re-read 1 Corinthians 10:12-13. Share some daily examples of what a way out might look like.
8. If you know where you're vulnerable today, what

can you do to eliminate future distractions and temptations?

Wrapping It Up:

Create a plan to eliminate future temptations in your life. If you're married, work on this plan with your spouse. And commit to praying daily to stay focused on God and away from temptation.

Prayer Focus:

Pray for Men of Valor as they seek to strengthen men to valiantly fight the enemy.

Memory Verse:

"Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour."

1 Peter 5:8



COVENANT KEEPING

SMALL GROUP STUDY

Kicking it off:

What are some ways you and your spouse drive each other crazy? If you're single, what's a personal trait that can drive other people crazy?

Big Idea:

If we don't take a covenant keeping approach in our marriage we can easily end up in divorce.

Key Scriptures:

Matthew 19:3-6

"Some Pharisees came to [Jesus] to test him. They asked, "Is it lawful for a man to divorce his wife for any and every reason?" "Haven't you read," he replied, "that at the beginning the Creator 'made them male and female,' and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'? So they are no longer two, but one flesh. Therefore what God

has joined together, let no one separate."

2 Timothy 2:13

"... if we are faithless, he remains faithful, for he cannot disown himself."

Discussion:

1. There are three different approaches to marriage:
 - CASUAL - marriage is just a piece of paper
 - CONTRACTUAL - marriage is a contract that can be broken
 - COVENANTAL - marriage is a permanent, holy covenant established by God

Which kind of approach to marriage did you experience while growing up? What approach do you most see in the relationships around you?

2. What do you think causes couples to seek casual and contractual approaches to marriage, rather than covenantal?
3. Sometimes, because of their marriage vows, people

will stay together in a relationship, but are not living Christ-centered, unified, or on mission. Discuss what can be done for a couple not only to survive a covenant marriage, but to thrive in the midst of it?

4. Read Matthew 19:3-6. Discuss the concept of God joining together rather than two people deciding to come together. How can adopting the former empower a couple to view their marriage differently?
5. Read 2 Timothy 2:13. How can God's example of faithfulness help you find restoration in your relationships?
6. What's your biggest takeaway from the entire Relationship Goals series?

Wrapping It Up:

What's the most covenant-keeping thing you can do for your relationships this week?

Prayer Focus:

Pray for marriages here at Sunnybrook, that every couple will live out their God-given mission.

Consider signing one of our Covenant Marriage certificates to signify your commitment from this day forward. They are available at the Next Steps area or you can download them from the Marriage page at sunnybrookchurch.org.

**Memory Verse:
"So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate."**

Matthew 19:6

NOTES:

NOTES:

Top 10 Tips for Leading a Small Group

1. Establish a welcoming, accepting, and safe environment.
 - Take time to prepare.
 - Make sure to give a warm enthusiastic greeting to each person.
 - Verbally communicate the environment that you hope to create.
 - Ephesians 4:1-3
2. On the opening night of your group you need to have some intentional discussions centered around these questions:
 - What is the purpose of our group?
 - What is the vision for our group?
 - What are your expectations?
 - What do you hope to gain from this group experience?
 - What are some things we value as a group?
 - What are some healthy guidelines we need to have in place?

Review and sign a group agreement.
3. Be authentic. Spend time sharing your life stories in order to get to know each other on a deeper level.
4. Find a good balance between:
 - Truth and grace/Bible study and life
 - Encouraging and challenging one another
 - Giving and receiving feedback from each other
5. Ask good questions to stimulate good discussion. Use open ended questions and follow up questions.
6. Hang out together, do things socially, eat together and have fun together!
7. Develop a missional lifestyle, find a service project to do together in the community.
8. Raise up new leadership by rotating facilitation of the group.
9. Share the responsibilities in order to increase individual commitment and ownership of the group.
10. Pray for your group and for each other!

Find ways to celebrate what God is doing in your group! Who else could you invite to join you in order that their life may be impacted by what God is doing in your group?

Group Agreement

OUR PURPOSE

To transform our spiritual lives by cultivating our spiritual health in a healthy small group community. In addition, we: _____

OUR VALUES

Group Attendance: To give priority to the group meeting. We will call or email if we will be late or absent.

Safe Environment: To help create a safe place where people can be heard and feel loved. (Please, no quick answers, snap judgments, or simple fixes.)

Respect Differences: To be gentle and gracious to people with different spiritual maturity, personal opinions, temperaments, or imperfections. We are all works in progress.

Confidentiality: To keep anything that is shared strictly confidential and within the group, and to avoid sharing improper information about those outside the group.

Encouragement for Growth: To be not just takers but givers of life. We want to spiritually multiply our life by serving others with our God-given gifts.

Welcome for Newcomers: To keep an open chair and share Jesus' dream of finding a shepherd for every sheep.

Shared Ownership: To remember that every member is a minister and to ensure that each attender will share a small team role or responsibility over time.

Rotating Hosts/Leaders and Homes: To encourage different people to host the group in their homes, and to rotate the responsibility of facilitating each meeting.

OUR EXPECTATIONS

- Refreshments/mealtimes _____
- Childcare _____
- When we will meet (day of week) _____
- Where we will meet (place) _____
- We will begin at (time) _____ and end at _____
- We will do our best to have some or all of us attend a worship service together.
- Our primary worship service time will be _____
- Date of this agreement _____
- Date we will review this agreement again _____
- Who (other than the leader) will review this agreement at the end of this study _____



SUNNYBROOK
community church

5601 Sunnybrook Drive
Sioux City, Iowa 51106
www.sunnybrookchurch.org