

Key Takeaways and Discussion Questions



Key Takeaways:

1. Every marriage will face surprises that can be categorized as:
 - Unintentional (e.g., health issues, job loss)
 - Unhealthy (e.g., laziness, substance abuse)
 - Unbelievable (e.g., infidelity, abuse)
2. Common marital issues (money, sex, parenting, in-laws) often mask deeper problems related to power and boundaries.
3. Effective communication goes beyond surface-level discussions to address underlying questions like "How much do I matter to you?"
4. Marital conflict isn't about the presence of disagreements, but rather about unresolved issues that lead to resentment and bitterness.
5. There are three common responses to conflict: attack, withdraw, or confide. Confiding as allies is the healthiest approach.

Discussion Questions:

1. How have you typically responded to conflict in your relationship? (Attack, withdraw, or confide?)
2. In what ways might power dynamics or boundary issues be influencing conflicts in your marriage?
3. Discuss the statement: "Intimacy is only a sentence away, but it's hard to find the sentence." How does this resonate with your experiences?
4. How can you and your spouse become better "allies" when facing conflicts or challenges?

5. Which Bible verse from the sermon spoke to you most regarding conflict resolution? Why?

Practical Applications:

1. Practice the "What did you hear me say?" technique with your spouse this week to improve active listening.
2. Identify one recurring conflict in your relationship and discuss the underlying issues (power, boundaries, communication) that might be fueling it.
3. Create a "time out" signal with your spouse to use when discussions become unproductive or selfish.
4. Write down the "marriage statement" from the sermon and place it somewhere visible in your home as a reminder.
5. Set aside time this week to worship or pray together as a couple, focusing on gratitude for your relationship.