

TRUTH: *What The Bible Says*

The Bible tells us in Psalm 127 that children are a gift and reward from God, and that people are blessed to have them. We also learn in Proverbs 18:22 that our spouses are gifts from God and evidence of His favor.

What are some ways that both children and spouses are a blessing?

What are some ways that these two gifts from God can sometimes feel at odds with each other?

EQUIPPING: *What Does This Mean For My Life?*

Jesse shared several principles for cultivating healthy marriages during seasons with children. For each one, list ways that you have either implemented this principle, or struggled to do so:

Make memories and moments for your marriage apart from kids:

Have rituals and rhythms that enrich your marriage relationship:

Grow in awareness of each other in the middle of the chaos of kids (look for ways to fill your love tanks):

Cultivate community outside of your spouse and family:

ACCOUNTABILITY: *How Am I Doing At This?*

Which relationship have you been more intentional at cultivating- your relationship with your spouse, or with your children?

What one change could you make to be intentional about keeping your marriage healthy in the middle of the chaos of parenting?

What do you think the cost would be to your marriage if you didn't make any changes?

MISSION: *How Can We Take This Into The World?*

Our culture often tells us that children are supposed to take priority over your spouse and marriage, but the reality is that our children need to see a beautiful picture of marriage put on display for them. Do you see your children as a mission field? What are they learning by watching your marriage?

SUPPLICATION: *Where Do We Need God's Help?*

Consider getting your family together to pray. It is good for your children to hear you pray for your spouse and thank God for your spouse in front of them!