

# Life Group Guide

## “What’s Makes a Healthy Marriage?”

March 26-April 1, 2017

### Prep:

Please make sure to review the material in the guide and pray prior to your group so you are mentally and spiritually prepared for the conversation in your Life Group.

### Welcome:

Take a few minutes to reconnect with your group.

### Video:

Show the video. It is about 3 minutes long. It will set up the conversation on Healthy Marriages.

### Note for Leaders:

- Talking about marriage can be challenging for people. Whether they have had failed marriages themselves or been a child of divorce, this has the potential to bring up wounds. Calvary Assembly is a safe place and a healing place for people who have gone through this pain. Ensure that you and the group use language of grace and not of judgment.

### Scripture:

#### 1 Peter 3 (NLT)

##### Wives

In the same way, you wives must accept the authority of your husbands. Then, even if some refuse to obey the Good News, your godly lives will speak to them without any words. They will be won over **2** by observing your pure and reverent lives.

**3** Don't be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. **4** You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God. **5** This is how the holy women of old made themselves beautiful. They put their trust in God and accepted the authority of their husbands. **6** For instance, Sarah obeyed her husband, Abraham, and called him her master. You are her daughters when you do what is right without fear of what your husbands might do.

##### Husbands

**7** In the same way, you husbands must give honor to your wives. Treat your wife with understanding as you live together. She may be weaker than you are, but she is your equal partner in God's gift of new life. Treat her as you should so your prayers will not be hindered.

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### All Christians

**8** Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude. **9** Don’t repay evil for evil. Don’t retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will grant you his blessing.

### Pause For Reflection

Take 3-5 minutes to pause and reflect, write down questions or observations on the passage, and make connections to your own life or what you’ve been learning in your own faith journey.

### Questions for Discussion:

(Choose your favorites ahead of time that you think will benefit your group the most)

- 1) What insights does 1 Peter 3 give us into creating a healthy marriage?
  - a. *Note for leaders: Verses 8 & 9 is a great recipe for this.*
- 2) In verses 3-6, why do you think it is so challenging for us to focus on inner beauty instead of outer appearances? How do we overcome this temptation ourselves?
- 3) So what are the qualities of some of the best marriages you have seen?
- 4) What are your dreams for your own life when it comes to marriage?
- 5) What are the most toxic things to a marriage?
  - a. What are the greatest threats to making a marriage unhealthy?
- 6) What is the best way your spouse supports you in your marriage?
  - a. What makes you grateful for your spouse?
- 7) For those that were able to attend, what did you learn in the past few weeks at church about marriage - whether through our church’s weekly sermons or at the ONE marriage conference?

### Possible Question:

It is unlikely this would come up, but we wanted to provide you some additional resource in case a question like this would come up. If you are ever in a situation where a question comes up that you think seems off base with the heart of God, but you don’t have the answer, it is best to acknowledge you are unsure but will look into the answer (and you encourage them to do the same). You can then reach out to Pastor Jonathan or Pastor Bob and we’d be happy to help.

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- 1) In the beginning description about wives, does this apply if someone is an abusive relationship?
  - a. An abusive relationship is *much* different than what is being described here. Someone in an abusive relationship should seek help and safety immediately. We must remember to look at the whole of Scripture to understand God’s heart on something like this question. Scripture interprets Scripture. Ephesians 5:25 instructs, “For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her.” The man’s role is to love like Jesus did for the church (meaning he’d die in her place). Additionally, Colossians 3 states, “Husbands, love your wives and never treat them harshly.” This passage is talking about two equals loving each other and serving them well, not embracing abusive relationships.
  - b. The lower levels of an unhealthy relationship can manifest in a lack of support to a marriage partner. Unfortunately unhealthy relationships can become far more destructive. The level of response to an unhealthy situation should be consistent with the level of dysfunction and/or abuse. Jesus says he laid his life down and no one took it from him. In abusive situations there is no choice. Outside counseling and identification of support structures help a person find ways to move out of danger and towards health.