

Relationship Rehab 3

TALK IT OVER

Key Scriptures

Genesis 1:27 God created humankind in his own image, in the image of God he created them, male and female he created them.

Genesis 2:18 ¹⁸ And the LORD God said, "It is not good that man should be alone; I will make him a helper comparable to him."

Psalms 33:20 Our soul waits for the LORD; He is our help and our shield.

Genesis 2:24 Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.

1 Peter 3:7 Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.

Key Point: Men and women are different by design. While that can frustrate us, God intends this to cause us to grow and be better equipped in marriage.

Start talking: Pick a conversation starter for your group.

- Are you a person who enjoys Valentine's Day, or dislikes it? why?

Start thinking. Ask questions to get your group thinking.

- Read through the scripture passages on the left. What are some of the things you observe?

- Note: In Genesis 2:18 . . .

The word "**helper**" in Hebrew (Ezer) does not suggest a subordinate role which the English word can have. It is most often used of God, who does what we cannot do ourselves. The term expresses the idea of an "indispensable companion;" and always helps out of a position of strength.

The word "**comparable**" in Hebrew literally means "according to the opposite of him." (Matching; corresponding to; suitable; are helpful translations).

What kind of insight does a better understanding of these two words give you about how God created men and women?

- What is it in 1 Peter 3:7 that will cause a husband's prayers to be hindered? Why?

Start sharing. Choose a question to create openness.

- What are some of the larger differences between you and your spouse? (if you are unmarried, what differences have you observed in the opposite sex?)
- What are some things that you and your spouse attach higher or lower values on than one another? Has this ever led to misunderstanding or conflict? How have you worked to overcome problems that arise from this?

Start doing. Commit to a step and live it out this week!

- In what some small ways can you consistently show appreciation for your spouse? Talk to them about it, and see if you can find ways to encourage each other in your differences.

Prayer Requests. It may be helpful to pray the scriptures back to God.

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