

Relationship Rehab 2

TALK IT OVER

Key Scriptures

John 13:34 "A new commandment I give to you, that you love one another; as I have loved you, that you also love one another.

John 15:12-13 My command is this: Love each other as I have loved you. "Greater love has no one than this, than to lay down one's life for his friends.

1 Corinthians 13:4-8 Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; ⁵ does not behave rudely, does not seek its own, is not provoked, thinks no evil; ⁶ does not rejoice in iniquity, but rejoices in the truth; ⁷ bears all things, believes all things, hopes all things, endures all things. ⁸ Love never fails.

Phil. 2:3-8 ³ Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. ⁴ Let each of you look out not only for his own interests, but also for the interests of others.

⁵ Let this mind be in you which was also in Christ Jesus, ⁶ who, being in the form of God, did not consider it robbery to be equal with God, ⁷ but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. ⁸ And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross.

Key Point: Our hopes and dreams can turn into expectations we hope our spouse will fill, turning it into a debt/debtor relationship.

Start talking: Pick a conversation starter for your group.

- Were your hopes, dreams and desires that you brought into marriage realistic? (if you are single, what **are** your dreams, hopes, desires?)

Start thinking. Ask questions to get your group thinking.

- We tend to bring our hopes, dreams, and desires into marriage. But over time they can feel like expectations to our spouses. Within a marriage, how can our expectations cause a "debt-debtor" relationship, and how is this harmful?
- Kyle listed four gifts you can give your spouse:
 1. **Base your love commitment on something unchangeable.**
 2. **Define love well (seeking another's highest good).**
 3. **Give the benefit of the doubt.**
 4. **Have a "You before me," "We before me" mentality.**

The first two are from John 13:35 & John 15:12-13. How will these two principles benefit a marriage, or any relationship? What are some of the practical ways we can fulfill John 15:12-13 both in our marriages and within the church?

- In Philippians 2:5-8, circle the things Jesus did in order to live out the mindset commanded in verse 2-3. Take some time and share with your group what you circled and what you think this means.

Start sharing. Choose a question to create openness.

- How difficult would it be to give your spouse the benefit of the doubt if; Your favorite snack went missing; If they were 3 hours late coming home from work? . . . If \$300 was missing from your bank account?
- Out of the 4 principles listed above, what area do you need to focus on applying most? Share with the group if you feel comfortable.

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

- Out of the 4 principles listed above, pick the one you need to grow in most. List how you will try to apply that in a practical way this week.

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

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