

MARRIAGE CIRCLES

Workbook



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This workbook and curriculum was first produced in 2019 by Marriage Ministry of Hope Community Church. The concept of “Marriage Circles” derives from the re|engage curriculum by Watermark Church in Dallas, Texas. For best practices on how to use this workbook in a variety of settings, and permission to reproduce these materials, please email marriage@gethope.net.

Visit www.gethope.net/reengage to register for the next re|engage class.

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READ THIS FIRST!



Perhaps you're holding this workbook in the hopes of "fixing" your spouse. You will be disappointed. In order to participate in Marriage Circles, you are first *required* to draw a metaphorical circle around yourself. For the remainder of this study, you are agreeing to work *only on the person inside the circle!* But what about your spouse's issues? What about all of their faults? In Marriage Circles, how your spouse is doing inside their circle is none of your business! That might sound harsh, but that is the basic premise this study operates on. The truth is, you can't change anyone other than yourself anyway. So for now, leave your spouse's circle up to God. Your job is to work on your own circle. Period. Trust me...there's plenty of work to be done right there. Sooner or later in this study, you will be tempted to blame or complain about your spouse. Perhaps you'll want to compare your circle to theirs. Be graceful, but gently remind each other often to "stay in your circle." The growth you experience will be worth it. Your marriage, no matter where you are, is worth investing in! You are not alone... and hope and help are available! My prayer for you as you hold this workbook is that you would understand more fully that the only One with a perfect circle is Jesus Christ. He loves you completely and unconditionally. When you trust Jesus, you are fully forgiven and fully accepted even though your circle is a mess! As you turn your attention to Him, you will be freed up to love your spouse out of response to how He loved you first. (1 John 4:7-19)

Dave Lanuti
Marriage Pastor
Hope Community Church

What to Expect and How to Grow the Most

Marriage Circles was designed for married couples to complete in groups with other couples. It's possible for you to work through the entire workbook with only your spouse, but you will be missing a vital aspect of growing in marriage: community with others. Your struggles are not unique. Sharing and hearing from other couples will encourage both your marriage and theirs! To begin, *find at least one other couple* (no more than 5 couples) who will agree to join you. If you're in a small group that is entirely comprised of married couples, you can start there!

Below is our recommendation for using our curriculum. **Before the scheduled group discussions:**

- Print out **two copies** of the Marriage Circles Workbook. One for you and one for your spouse.
- Spend time **on your own** reading the included Bible verses and jotting down your responses to each discussion question.
- **Schedule a time each week for a 1-on-1 conversation with your spouse to share your written responses before your group meets.** If you aren't having weekly 1-on-1 conversations with your spouse to review your responses, you aren't doing Marriage Circles! Put this on the calendar or it may not happen!
- Use the suggested **"conversations starters" any time** throughout the week to connect meaningfully.
- **Complete the weekly "challenges."** (Spoiler: Some are *especially* fun!)
- **At your comfort level**, be ready to share about your experience and responses with the group.

Note: Marriage Circles is *not* the place to complain or blame your spouse. **"Stay in your circle!"** Nor is it the place to discuss the intimate details of your sex life. Please exercise caution in your group discussion on the sexual intimacy lesson. Humility and authenticity are good when the goal is mutual encouragement, but don't "overshare." You should never feel pressured to answer any question you're not comfortable talking about in a group setting.

Session One - Recognize You Need Help

Key Scripture Passages

John 15:5

I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

1 Corinthians 13:4-8

4 Love is patient and kind; love does not envy or boast; it is not arrogant ⁵ or rude. It does not insist on its own way; it is not irritable or resentful; ⁶ it does not rejoice at wrongdoing, but rejoices with the truth. ⁷ Love bears all things, believes all things, hopes all things, endures all things.

⁸ Love never ends.

Discussion Questions

1. Who and what have been the primary influences in your life when it comes to your view of marriage?
2. How have these influences made it difficult to for you to love your spouse unconditionally, the way God loves you? How have they helped?
3. Share a time when your spouse showed you grace or forgiveness when it was undeserved. How did it make you feel?
4. Read 1 Corinthians 13:4-8.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres. ⁸ Love never fails.

Remembering to “stay in your circle,” which of the attributes of love do you personally struggle with the most?

5. Sometimes it's helpful to hear what God's love is NOT. Take a stab at creating the opposite of 1 Corinthians 13:4-8. "Ex: Love is *impatient*..." As you hear the opposite of those verses, what convicts you most, and what practical steps do you think God wants you to take?

1-on-1 Conversation Starter

- Schedule a time this week where you can have an uninterrupted conversation with your spouse. *With the circle still drawn around yourself*, rather than asking "how was your day?", ask:
 - What was your high and low this week?
 - What practical things can I do this week to help?

Challenge for the Week

- Pick an attribute of love from 1 Corinthians 13 and ask God to help you love your spouse that way this week. Whether it's patience, kindness or not keeping a record of wrongs – focus on that one area so you can be a better spouse and find practical ways throughout the week to live it out. Share what area you're working on with your spouse. Before the next Marriage Circles meeting, find various opportunities to encourage your spouse's efforts to work on this area and thank them for "working on their circle."

Session Two – Lower Your Expectations

Key Scripture Passages

Proverbs 13:12

Hope deferred makes the heart sick,
but a desire fulfilled is a tree of life.

James 1:19-20

19 Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger;
20 for the anger of man does not produce the righteousness of God.

Discussion Questions

1. It would be awesome if marriage were easy! The truth is, at one time or another, we all experience disappointments, frustrations, and hurt in marriage. Unmet expectations over time leads to anger. Anger over time leads to bitterness and resentment. Proverbs 13:12 refers to this as a “sick heart”. To what extent are past experiences and disappointments contributing to a “sick heart” today in your marriage?
2. How often do you think to yourself, “if only he/she would _____, then I would _____.”? What’s stopping you from “going first” and loving your spouse anyway?
3. According to James 1:19-20, anger does not lead to the righteousness that God desires. How do *you* typically respond when your expectations go unmet? Anger? Bitterness? Quiet resentment? What is the result of your response? Arguments? Shutting Down? Withholding love/affection?
4. “*The secret to a happy marriage is low expectations.*” What do you think of this? Is it true? Or should we have high expectations of our spouse? How should our expectations of our spouse compare with the expectations we should have of God?

5. What are some of the areas of your marriage that your expectations do not line up with your spouse's?

6. What do you think are some best practices to communicating expectations to your spouse in a healthy way?

7. What are some *not so healthy* practices to communicating expectations? *Remember to stay in your circle!*

1-on-1 Conversation Starter

- Schedule a time this week where you can have an uninterrupted conversation with your spouse.
 - Ask your spouse to share something they hope to accomplish this year.

Challenge for the Week

- Together, read Matthew 7:24 and Mark 3:31-35. In humility *with the circle drawn around yourself* ask your spouse to share with you one area in which you are meeting and/or exceeding their expectations and one area in which they feel sadness, disappointment, frustration or anger. *When listening to your spouse, do not defend yourself or rebut, but rather thank them for their honesty.* Try to meet their specific need in a practical way this week.

Session Three - Communication & Conflict

Key Scripture

Proverbs 18:2

A fool takes no pleasure in understanding,
but only in expressing his opinion.

Proverbs 14:29

Whoever is slow to anger has great understanding,
but he who has a hasty temper exalts folly.

James 1:19-21

19 Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; 20 for the anger of man does not produce the righteousness of God. 21 Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls. 19 Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; 20 for the anger of man does not produce the righteousness of God. 21 Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls.

Discussion Questions

1. There are 4 types of negative communication styles that we often use in marriage:
 - a. **Withdrawal or Shutting Down**- an unwillingness to endure difficult conversations
 - b. **Suspicion**- unfairly assuming the worst of your spouse
 - c. **Escalation**- responding in such a way where the conversation gets increasingly hostile.
 - d. **Invalidation**- dismissing or minimizing your spouse's perspective

Which of the 4 types of negative communication styles are *you* most often guilty of when conflict arises in your marriage?

2. How does your communication style differ when you speak to your spouse compared to other relationships at home, work and friends? Why is that the case?
3. In marriage, we often repeat the same arguments over and over. What are the "common culprits" of conflict and disagreement in your marriage? Household Chores? Expectations? Parenting? Schedules? Sexual Intimacy? Priorities? Or something else?

4. Think back as far as you have to... what were the conditions in your life and marriage when your communication was at its best? What did that look like? What changed in *you* since then? *Stay in your circle!*

5. *With the circle drawn around yourself*, what would need to change today for *you* to be a better communicator with your spouse?

6. Communication is the lifeblood of any relationship, including your relationship with God. In what ways can we communicate with God? How does God most often communicate with you? What connection does communication with God have on your marriage?

1-on-1 Conversation Starter

- Schedule a time this week where you can have an uninterrupted conversation with your spouse. *With the circle still drawn around yourself*, ask your spouse the questions listed below.
 - Practice active listening. When they are done talking, reply with “what I hear you saying is . . . How accurate is that? “ (and tell them what you heard). See how well you do.
- Ask your spouse the following questions:
 1. Where would you like to go on our next vacation?
 2. What is one habit that I can change that would bless you?
 3. How do I display negative communication patterns? *Don't become defensive, but try to re-state your understanding of what they shared and thank them for their insights.*

Challenge for the Week

- Continue to practice active listening in every day, unscheduled conversation this week. When you get home, at meals, before going to bed, etc.
- **Some example questions to ask your spouse so you can practice listening are:** What did you think of Marriage Circles this week? What's coming up this week that you're worried/anxious about? What's coming up that you're excited about?
- **Extra credit:** Call your spouse while you're apart just to say you're thinking of them.
- **Extra extra credit:** Before bed sometime this week, Read 1 Corinthians 13:1-13 together out loud. Then, even if it's not pretty or fancy, hold hands and briefly pray together. Ask God to bless your marriage and help you with communication.

Session Four – Temptation and Guardrails

Key Scripture

1 Peter 5:8-10

8 Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. 9 Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. 10 And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.

Ephesians 5:33

However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

Discussion Questions

1. Explain what positive and negative thoughts or emotions come to mind when you consider the word *commitment*. What are the benefits? What are the costs?
2. Is it a sin to be tempted? Explain the difference and connection between temptation and sin.
3. No one is above temptation, and no one has a temptation-proof marriage. Sometimes, we are guilty of leaving “doors to temptation” open in our marriage. What “doors” to temptation have you left cracked open that could one day compromise your commitment to your spouse?
4. Strong, lasting marriages have strong guardrails in place. What are some guardrails you’ve heard other couples have in their marriages? What do you think of those guardrails?
5. What guardrails should you install to safeguard your marriage? What fears are stopping you from installing them today?

6. Ask your partner the following questions:
 - a. What things do I do to make it easier for you to love me and enjoy being my spouse?

 - b. What things do I do to make it harder? *Do not interrupt your spouse when they are sharing this. Do not defend yourself. Instead, thank them for sharing and commit to working on those areas. If an apology is needed, offer one and ask for forgiveness.*

1-on-1 Conversation Starter

- Schedule a time this week where you can have an uninterrupted conversation with your spouse to continue the conversation from this week's questions. *With the circle still drawn around yourself:*
 - Men, ask your wife to share three ways you could better love her.
 - Ladies, ask your husband to share three ways you could better respect him.
 - *Do not defend yourself, but rather restate what you heard to check understanding, then thank them for sharing.*
 - What open doors to temptations exist in our marriage that we weren't comfortable sharing at Marriage Circles? What guardrails do we need to add to safeguard and nurture our marriage? Who can we turn to for help and accountability?

Challenge for the Week

- Pray for your marriage, specifically 1) that you would give back control of your marriage to God, and 2) for God's forgiveness and healing in any specific areas of brokenness in your marriage.
- **Extra Credit:** Write down the 3 things you heard you spouse share from the 1-on-1 and put them someplace you will be reminded. Commit to working on these things from *your circle*.

Session Five – “No, You First”

Key Scripture Passages

Philippians 2:1-8

1 So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, 2 complete my joy by being of the same mind, having the same love, being in full accord and of one mind. 3 Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. 4 Let each of you look not only to his own interests, but also to the interests of others. 5 Have this mind among yourselves, which is yours in Christ Jesus, 6 who, though he was in the form of God, did not count equality with God a thing to be grasped, 7 but emptied himself, by taking the form of a servant, being born in the likeness of men. 8 And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.

Proverbs 11:2

2 When pride comes, then comes disgrace,
but with the humble is wisdom.

Discussion Questions

1. What is a good definition for *humility*? What is it? And what is it NOT?
2. What most often gets in the way of you showing humility to your spouse? Why is it often difficult to show humility to the ones we love most?
3. Take a moment to write down two or three moments when your spouse chose humility by putting your needs above their own. *As you are comfortable, share one of these moments with your Marriage Circles group.*

4. According to author Gary Chapman, there are 5 Love Languages.¹ Do you know what your top 2 love languages are? Do you know your spouse's? How well do you communicate expectations regarding these love languages?
 - a. Quality Time
 - b. Acts of Service
 - c. Gifts
 - d. Physical Touch
 - e. Words of Affirmation

5. What are the limiting factors and circumstances to *you* loving your spouse in their preferred love language?

6. Look again at Philippians 2:1-8. What are some of the ways Jesus put you first? Be specific. Make this list as long as you can.

1-on-1 Conversation Starter

- Find a time this week to share other “memories” you wrote down on how your spouse chose humility and put you first. Thank your spouse... *this is not an opportunity to blame or complain about current circumstances!*
- Finish this sentence *without interruption*:
 - “I feel loved by you when _____”

Challenge for the Week

- After hearing the list of humble things that you did that left a positive impact on your spouse, and how your spouse feels “loved by you when _____” reflect on Philippians 2:1-8 and look for opportunities to put them first (without them telling you what to do!) Consider *their* love languages when doing this. Be creative! (It’s like “Secret Santa”)
 - Here are a few ideas: Give a specific compliment, avoid complaining, write them a love note or text, give a meaningful gift, plan a date night, give positive physical touch/cuddling/kissing/massage etc. 😊, take care of a household chore you normally don’t do, brag on each other in front of others, complete a fun project together, surprise them with a meaningful wrapped gift.

¹ 5lovelanguages.com

Session Six – When Things Turn Toxic

Key Scripture Passages

Proverbs 18:21

21 Death and life are in the power of the tongue,
and those who love it will eat its fruits.

Ephesians 4:29-32

29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Discussion Questions

1. We have all been guilty of dishonoring our spouse with our words. *Without pointing the finger at your spouse*, what are the times/circumstances in your marriage when you are most often guilty of this?
2. Stress is a harmful thing to relationships. We are more likely to dishonor our spouse in times of stress. What are some of the biggest stressors in your life currently that might be leading to negative communication patterns with your spouse? What practical steps could you take this week to relieve those stressors?
3. Modern secular research shows a direct correlation between positive/negative ratio of communication and the overall stability of marriage. The healthiest and most stable marriages display 5:1 positive to negative communication!² What is *your* ratio toward your spouse? Why is it difficult to give your spouse more praise?

² <https://www.gottman.com/blog/the-magic-ratio-the-key-to-relationship-satisfaction/>

4. If there was ever a person we don't deserve to receive honor from, it's Jesus. How does Jesus honor us even though we don't deserve it?

5. Can you remember a time when your spouse complimented or praised you in front of others? What did they say and how did it make you feel? *Can't come up with anything? See the next question.*

6. No matter what your answer was to the previous question, take a couple minutes to write down three qualities about your spouse that made you fall in love with them. *This is an opportunity to practice what we're learning. Share one of these qualities about your spouse to your Marriage Circles group.*

1-on-1 Conversation Starter

- Add to the list you of qualities that made you fall in love with your spouse. Include ways you've seen them grow since the day you met. Write them down... make the list as long as you can! Find a distraction free time this week to exchange these lists with each other.

Challenge for the Week

- Confess to your spouse that you have not been as honoring as you could be with your words. Don't make any excuse as you confess this. And don't accept, "that's OK" as a response... it isn't OK! Rather, tell your spouse how *you* plan to change moving forward and in humility, ask, "do you forgive me?"
- Endeavor to go the entire week saying nothing negative about your spouse. If (when) you mess up, confess your shortcoming to God, accept His grace, and ask Him to strengthen you as you try again.
- **Extra Credit:** At some point this week, brag on your spouse in front of others (i.e., co-worker, waiter, your children, small group, etc.)

Session Seven – More Than Sex³

Key Scripture

Genesis 2:24-25

24 Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. 25 And the man and his wife were both naked and were not ashamed.

1 Corinthians 7:2-5

2 But because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband. 3 The husband should give to his wife her conjugal rights, and likewise the wife to her husband. 4 For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does. 5 Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.

1 Corinthians 13:5

[Love] does not insist on its own way...

Discussion Questions

1. Sex is a *part* of intimacy in marriage. However, intimacy is more than *just* sex. What is a more complete definition of intimacy?
2. How would you describe your emotional intimacy with your spouse?
3. How would you describe your spiritual intimacy with your spouse? What connection is there to spiritual intimacy and sex?
4. In what ways/shared activities (think *beyond* sex here!) do you feel most connected to your spouse? When do you laugh together the most? What are the times in your marriage when you're having the most fun?

³ See brief note at the bottom of page 4 regarding healthy discussions for this topic.

5. In most marriages, sex drives do not line up. It is not a sin to have a high sex drive and it is not a sin to have a low sex drive. It's how we behave that may cause us to sin against our spouse. *Drawing the circle around yourself*, how do *you* most often respond when your expectations of sex are not met?

6. What would be a healthy way to communicate your expectations with your spouse when it comes to sex? (refer to *both* 1 Corinthians 7:2-5 *and* 1 Corinthians 13:5). Is there a chance you're *over-emphasizing* sex or *under-emphasizing* it?

7. *With the "circle around yourself"*, in what ways are *you* neglecting emotional and spiritual intimacy with your spouse that is leading to a lack of *physical* intimacy? How are you doing with each of the following:
 - a. Too much time/energy at work
 - b. Too much time/energy with kids
 - c. Too much time/energy with hobbies/sports
 - d. Too much time/energy in front of a phone/computer/tv
 - e. Too much time/energy with other friends

8. What are some practical suggestions for how you can move toward emotional and spiritual intimacy in light of the list from Question 6?

9. There is incredible freedom to enjoy physical intimacy exclusively with your spouse. God wants you to enjoy amazing sex with your spouse! However, as soon as anyone else is introduced visually (including pornography), physically (affair), emotionally (not all affairs are physical), or mentally (fantasizing of others sexually), that intimacy is destroyed. If any of these intimacy killers exist in your marriage, where can you turn for help?

1-on-1 Conversation Starter

Find a time this week to ask your spouse the following questions. Do not make demands or blame (see 1 Corinthians 13:5), but rather seek to *understand* your spouse and put their needs before yours.

1. How did you feel loved by me this past week?
2. What can *I* do to deepen our emotional intimacy?
3. What next step can *we* take to deepen our spiritual intimacy?
4. In what ways could *I* enhance our physical intimacy?

Challenge for the Week

- Ask your spouse which area is the most difficult for the two of you to experience closeness: relational, spiritual or sexual? Without arguing, defending yourself, or commenting on their response, ask them what they feel might be a hurdle in this particular area of closeness. Seek to understand, not to “win an argument”. Be mindful that age and health may be factors!
 - What next steps do you think God is nudging you to take so you can address this issue and enhance your intimacy together?
- **“Mandatory” assignment #1:** Plan a date where you can build emotional intimacy by:
 1. Laughing together
 2. Affirming each other. Ex: You are great at _____. I appreciate how you _____.
- **“Mandatory” assignment #2:** Agree to circle a day on the calendar where you can both look forward to sex! Agree *in advance* how you will avoid the “normal routine.” Leading up to that day, build anticipation and emotional and spiritual intimacy by flirting, laughing together, reading God’s word together, praying together and serving each other in practical ways. Have fun!

Session Eight - Move Toward Oneness

Key Scripture Passage

John 17:21-23

21 ...That they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me. 22 The glory that you have given me I have given to them, that they may be one even as we are one, 23 I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me.

Ephesians 4:1-3

1 I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, 2 with all humility and gentleness, with patience, bearing with one another in love, 3 eager to maintain the unity of the Spirit in the bond of peace.

Discussion Questions

1. How is your marriage different from your parents' marriage? How have some of those habits (good or bad) that you grew up with affected your marriage?
2. Make an *honest* assessment of the words below as priorities in your life. Rank them 1-9 (feel free to add to this if priorities are missing). Avoid the temptation to give the "churchy answer." Consider the time you spend, the money you spend, and the energy you spend when ranking these. Also consider the "gap" that exists between each (e.g. kids are far more important than hobbies)
 - a. Work, Spouse, Friends, Recreation, Kids, God, Hobbies, Exercise, Education

Share your list to the group.

3. As a group, discuss what a *healthy* prioritized list would be and the healthy "gaps" between each. *Leave room for humble disagreement.*

4. *With the Circle Around Yourself*, what practical things would need to change in your life and marriage for you to move toward the *healthy* priority list?

5. Generally speaking, is it easier for you to help your spouse or to let them help you? Why?

6. Our conversations with our spouse rarely go beyond our work and kids. How well do you know your spouse's biggest dreams and greatest fears for the next few years? What dreams and fears have you never communicated to your spouse?

7. Think ahead 10 years from now. How do you want your marriage to be described?

8. What's the most important next step *you* need to take as a spouse in order to move toward the marriage you described in previous question.

1-on-1 Conversation Starter

- Remind each other of your response to how you want your marriage to be described in 10 years.
 - *Without blaming, complaining, or defending yourself*, ask your spouse what specific things *you* can do to move toward making that a reality?

Challenge for the Week

- Identify one thing you have prioritized above God and your spouse at times (i.e., job, kids, parents, friends, hobbies). Share that with your spouse and confess this to God and your spouse.
- **Extra Credit:** As you wrap up Marriage Circles, plan a time to celebrate this small but significant accomplishment. Together, plan a fun date night out (or in)!

Optional Session – Marriage > Parenting

Key Scripture Passage

Deuteronomy 6:4-8

4 “Hear, O Israel: The LORD our God, the LORD is one. 5 You shall love the LORD your God with all your heart and with all your soul and with all your might. 6 And these words that I command you today shall be on your heart. 7 You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. 8 You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes.

Colossians 3:12-15

12 Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, 13 bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. 14 And above all these put on love, which binds everything together in perfect harmony. 15 And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.

Colossians 3:18-21

18 Wives, submit to your husbands, as is fitting in the Lord. 19 Husbands, love your wives, and do not be harsh with them. 20 Children, obey your parents in everything, for this pleases the Lord. 21 Fathers, do not provoke your children, lest they become discouraged.

Discussion Questions

1. Parenting styles vary greatly, and even siblings vary greatly! There's no single “correct” way to discipline all children perfectly. However, conflict arises when you and your spouse are not on the same page with parenting and disciplining your children. How does your parenting style differ from your spouse's? How has that caused tension in your family?
2. Rather than taking a reactionary approach to resolving these parenting differences as they arise in real-time, how could you and your spouse take a more proactive approach to achieve greater unity?

3. Many parents talk about prioritizing their marriage over their children. Few successfully pull this off. To what extent are your children's schedules and need for attention hijacking the intimacy in your marriage?

4. What practical tips from your own marriage could you share with the group that would encourage others to prioritize their marriage?

5. Dating your spouse when there are small children in the family is a challenge! Childcare can be expensive. What creative ideas can you come up with as a group in order to find childcare so you can date your spouse again?

6. Take another quick look at Deuteronomy 6:4-8. Parenting is your primary opportunity for discipleship. How can you "redeem" the normal routines of daily life to teach your children about God's love for them at various ages/stages of childhood?

7. As a group, come up with at least 5 "better" questions than "how was school today?" so you can connect with your child? *Example: "What did you do today that I would be proud of?"*

8. Part of our mission statement is to *love people where they are*. As parents, how can you make an effort to "enter into our kids' world" in their specific age and phase of life.

9. If you haven't figured it out already, you can't do this marriage or parenting thing on your own! Your children need other influences along with yours as they continue to grow. Hope challenges you to find 5:1. Five adults that are also a part of discipling your children. How many adult role-models do your children have regularly impacting their life? Who are they? Don't have 5? Who could you ask? (Who would your children ask?)
- 1.
 - 2.
 - 3.
 - 4.
 - 5.

1-on-1 Conversation Starter

- Ask your spouse to share ways that you could be more unified as parents. What practical change could you make this week to re-prioritize your marriage over the kids' schedules.
 - *Without blaming, complaining, or defending yourself*, ask your spouse what specific things *you* can do to move toward making that a reality?

Challenge for the Week

- Find a 1 on 1 time with each of your children where you can "enter into their world." (Do/Talk about the things they enjoy). If they're old enough as them how you're doing as a parent. Listen without defending yourself and thank them for your honest and share how you will make an effort to improve. Ask them who are the 5 adults in their life that they know personally and admire.

This was great...but now what?

- **Continue Meeting** Your Marriage Circles Group doesn't have to stop meeting!
 - Consider creating a new Small Group together or joining an existing one with other couples from your Marriage Circles group. Go to www.gethope.net/smallgroups for info
 - Other great studies available for free on Right Now Media
<https://gethope.net/rightnow-media/>
- **re|engage** Sign up for the next re|engage class. Dive deeper in a 9-week study that has transformed hundreds of marriages at Hope. Spaces limited.
www.gethope.net/reengage
- **Join our team** of marriage mentors. If you have a growing relationship with Jesus and a growing marriage, your next step may be to serve in Marriage Ministry at Hope. Email us to find out more.
- **New Relationship with Jesus?** If you began a relationship with Jesus Christ for the first time, we want to celebrate that with you and encourage you to grow in that relationship. Email us.
- **Share your story** of how Marriage Circles has impacted your marriage. We love hearing what God has done in others' lives. Sharing your story helps ensure we continue to offer more opportunities like this to others.

Email us: marriage@gethope.net

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