

T.H.R.I.V.E. in Marriage

Session 1

T - _____ in the LORD

- *“Trust in the LORD, and do good; dwell in the land and befriend faithfulness. Delight yourself in the LORD, and he will give you the desires of your heart. Commit your way to the LORD; trust in him, and he will act.” - Psalm 37:3-5 (ESV)*

Who is the LORD? Yahweh - The proper name of the one true God, the existing one.

Who is the LORD to us as a couple? Ecclesiastes 4:7-12 (From 1 to 2 to 3)

Why do we need the LORD?

- He is our only hope for personal _____ and _____.

Marriage is worked on from the inside out, not the outside in.

- He is our only hope for strength to _____ our vows.
 - “For better or worse, for richer or poorer, in sickness and in health, til death do us part”
 - God doesn’t show us ahead of time what we will walk through.
 - Nurse’s prayer over Charles Garrett (Dawn’s father)
- *“My flesh and my heart may fail, but God is the strength of my heart and my portion forever” - Psalm 73:26 (ESV)*

5 Fold Confession of Trust:

1. God is _____ He says He is. - **Exodus 3:14, Psalm 145:8,9**
2. God can _____ what He says He can do. - **Luke 1:37**
3. I _____ who God says I am. - **Rom. 5:1,8; Rom. 8:1,16,39; Rom. 15:7**
4. I can _____ all things through Christ Who strengthens me. - **Phil. 4:13**
5. God's _____ is alive and active in me. - **Col. 3:16 & Hebrews 4:12**

- Understand that you don't _____ someone you do not _____.
- Do you know the LORD? Do you trust the LORD?

Notes

For Further Discussion:

- Together, examine the following passages. What do they teach us about trusting the LORD?
 - **Psalm 20:6,7**
 - **Psalm 56:3-4**
 - **Proverbs 3:5,6**
 - **Isaiah 26:3,4**
 - **Jeremiah 17:7,8**

- For you as a couple, what areas of life are hardest for you to trust the LORD right now?
 - Marriage
 - Children
 - Family
 - Finances
 - Work
 - Other _____

- What would you say is the basis of any struggle you may have in trusting the LORD?

- How can we pray for one another as we seek to trust the LORD even more?

H - _____ Humbly

- *“Love one another with brotherly affection. Outdo one another in showing honor.” - Romans 12:10 (ESV)*
- *“Do nothing from selfishness or empty conceit, but with humility of mind let each of you regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others.” - Philippians 2:3,4 (NASB)*
- Our ability to humbly honor one another is largely determined by how we _____ one another.
- We have to see our spouse for who they _____ are:
 - _____ of God - **Genesis 1:26**
 - _____ Bearers of God - **Genesis 1:27**
 - _____ of God - **John 1:12,13**
- Likewise, our ability to humbly honor one another is largely determined by how we see _____.
 - Do you tend to be selfish or _____?
 - Do you tend to be _____-centered or others centered?
 - Do you see yourself rightly (biblically)?
- **10 Ways to Show Honor:**
 1. Practice random acts of _____ – **Proverbs 3:3**
 2. Remove public _____ - **Ephesians 4:29**
 3. Say “Please” and “Thank You” - **Barney the Dinosaur**
 4. _____ and praise your partner - **1 Thessalonians 5:11**
 5. Show consideration of your partner’s _____ and priorities - **Eph. 5:16**
 6. Be _____ and dependable - **Matthew 5:37**
 7. Give each other your _____ when communicating
 8. Actively encourage your partner’s _____ and passions
 9. Involve your partner in major _____
 10. _____ for and with your partner - **James 5:16**

Notes

For Further Discussion:

- Is a culture of honor necessary for a marriage to thrive? If so, why? If not, why not?
- What would it look like practically to develop a culture of honor in your marriage?
- Look back at the **10 Ways to Show Honor**. Which of the 10 are hardest for you to demonstrate? Why?
- Complete this statement: “I feel most honored by my spouse _____.”
- **Next Step:** This week, to honor my spouse, I will _____.”

Session 2

R - _____ Regularly

- Why is Regular Reconnection important?
 - The natural tendency of any relationship (without intentionality) is towards _____.
 - You've heard it said that, "*familiarity breeds contempt.*" We suggest to you that "*familiarity breeds _____.*"
- How can a couple avoid *drift* and *complacency* in their relationship? By reconnecting _____.
- Regular Reconnection fosters:

1. _____

*"You husbands, likewise, live with your wives in an **understanding** way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered."* - **1 Peter 3:7 (NASB)**

- a. Understanding requires both a knowledge of and acceptance of our _____.
- b. Understanding is a _____ we give to one another.
- c. Understanding each other ensures that our _____ with God is not hindered.

2. _____

a. _____

- Sharing of feelings, needs and _____.

- We've found this is best done through 2 questions:
 - What are you _____ enjoying about our relationship right now?
 - What are you _____ enjoying about our relationship right now?
- A pivotal 3rd question is then asked as a means of follow up and follow through:
 - How can I _____ you?
- We encourage you to have this check-in at least _____ a week.
- You can call it your "*State of the Union*" check-in!

b. _____

- Spiritual Intimacy is enhanced by:

- Spiritual _____
 - Regular _____ together
 - _____ together
- c. _____
- Helps establish a deeper _____
 - Builds trust, intimacy, and _____
 - Prevents feelings of _____ and neglect

• **4 Practical Ways to Reconnect Regularly**

1. Regular _____
 - a. Review the 3 questions above

2. Practice _____ listening - **James 1:19**
 - a. Give your _____ attention
 - b. _____ distractions
 - c. _____ what you've heard
 - d. Ask _____ questions
 - e. Listen " _____ the lines"
 - f. Control your _____

3. 777 Rule
 - a. Every 7 days go on a _____
 - b. Every 7 weeks go away for the _____
 - c. Every 7 months go on a _____ getaway

4. Engage in shared _____ you both enjoy

Notes

For Further Discussion:

- What have the two of you found most helpful in alleviating *drift* and *complacency* in your relationship?
- What makes you feel *understood* by your partner?
- How can your partner help you better *understand* them?
- How would you define *intimacy*? In other words, what does it mean to you?
- Intimacy was broken down as *emotional*, *spiritual*, and *physical*. Of those 3 aspects of intimacy, what is most meaningful to you? Why?
- Of the **4 Practical Ways to Reconnect Regularly**, what was most helpful for you? Why?

I - _____ Intentionally

- To this point, we've focused largely on investing in one another.
- We want to shift gears for a moment and focus on the two of you investing in *others*.
- Why is it important for a couple to look beyond themselves and invest intentionally in others?

1. Regarding others as important is key to living a _____ life.

- Recall what Paul said in Philippians...

“Do nothing from selfishness or empty conceit, but with humility of mind let each of you regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others.” - Philippians 2:3,4 (NASB)

2. Investing in others helps _____ your own issues.

- You gain a fresh _____.
- You realize the world doesn't revolve around _____.
- You begin to see that your issues are _____ to most everyone.

1 Corinthians 10:13

3. Intentionally investing in others was the _____ of Jesus.

“just as the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.” - Matthew 20:28 (NASB)

- The Apostle Paul modeled this way of living as well when investing in the people of Thessalonica...

“Having so fond an affection for you, we were well-pleased to impart to you not only the gospel of God but also our own lives, because you had become very dear to us.” - 1 Thessalonians 2:8

- **2 Ways to Invest Intentionally in Others:**

1. _____

- Through _____ Membership

- Scripture speaks of the Body of Christ being members of one another - **Romans 12:5** and **Ephesians 4:25**
- Membership within a local church demonstrates our _____ to invest in the lives of others.

- As a part of the local expression of the Body of Christ, what do we invest?

- _____
- _____
- _____

- How do we best invest our *time*, *talent*, and *treasure* within the local church?

- Through our **S.H.A.P.E.**

- **S**_____ Gifts

- **H**_____

- **A**_____

- **P**_____ - **1 Corinthians 15:10**

- **E**_____ - **Genesis 41:52, Genesis 50:20**

“You cannot outgive God” - Dr. Tom Smiley

2. _____

- Take some time to determine your **S.H.A.P.E.**
- Based upon your **S.H.A.P.E.** how might God want to use you within your community?

- **6 Ways to Invest Intentionally in Your Community:**
 1. _____ your neighbors
 2. _____ for your neighbors
 3. _____ your neighbors
 4. Share _____ with your neighbors
 5. _____ with community organizations
 6. _____ in church initiatives focused on community outreach

Notes

For Further Discussion:

- Do you believe it is important for a couple to look beyond themselves and invest intentionally in others? Explain your answer.

- On a scale of 1 to 10 (1 - not so much, 10 - very much) - how important has it been to you to invest intentionally in others? How would you want to grow in this area of life?

- If you have been intentional about investing in others, what are some of the rewards you've derived from doing so?

- How are you presently investing your *time*, *talent*, and *treasure* in your local church?

- Why is it important to know your **S.H.A.P.E.** when it comes to investing intentionally in others?

Session 3

V - _____ Vision

- Why did God put the two of you together?
- What was His purpose?
- What was His reasoning?
- What does He want to accomplish in and through you?

- Why are those 4 questions important?

- Your answer to those questions will help determine God's _____ for your marriage.

- Why is it important to have a vision for your marriage?
- More importantly, why is it important to know God's vision for your marriage?

“Where there is no vision, the people are unrestrained, but happy is he who keeps the law.” - Proverbs 29:18

What if you don't know the answers to these questions?

“If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.” - James 1:5 (ESV)

• 4 Benefits of Valuing Vision

1. Vision gives us _____.
 - It helps us understand what we want to accomplish in our marriage.
 - Visionary Couples are _____ about their future.

2. Vision gives us _____.
 - It gives a sense of excitement in our passionate pursuit of the vision.
 - Visionary Couples are _____ about their future.

3. Vision helps in the _____ process.
- What do we say “yes” to?
 - What do we say “no” to?
 - Visionary Couples understand that _____ days affect _____ days.
4. Vision helps build a sense of _____ - a team mindset
- It unites us behind a singular purpose - **Philippians 2:2**
 - Visionary Couples reject _____ and embrace _____.

Notes

For Further Discussion:

- How would you answer these 4 questions?
 - Why did God put the two of you together?
 - What was His purpose?
 - What was His reasoning?
 - What does He want to accomplish in and through you?

- Values help determine our vision.
 - What are the guiding principles for your marriage?
 - What values do you both hold in common?
 - What legacy do you want to leave behind?

- Fresh vision and new direction comes as we *pray* together.
 - How often do you pray together as a couple?
 - If there are barriers to praying together, what are they?
 - What's a simple next step you can take to address any of those barriers?

- Spend some time this week asking God to give you His vision for:
 - You Personally

 - You as a Couple

 - Your Family

E - _____ Growth

- How have you grown as a result of being married?
- How would you like to see the two of you grow together in your marriage?
- What have you learned in marriage that you could share (to encourage) the generation following you?

- What are the advantages to embracing a growth mindset in marriage?

- **3 Advantages of Embracing a Growth Mindset in Marriage:**
 1. A growth mindset allows couples to view challenges as _____ for maturing and fruitfulness in Christ.

“God has made me fruitful in the land of my affliction.” - Genesis 41:52

“I can do all things through Him who strengthens me.” - Philippians 4:13

2. A growth mindset makes a couple more resilient in the face of _____.

“And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.” - Romans 5:3-5

“Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.”

- James 1:2-4

3. A growth mindset allows couples to measure _____ and not _____.

*“For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.” - **Philippians 1:6** (NASB)*

- *“The pitfall for us as Christians is when **idealization** becomes **idolization** - when ideals become our expectations, when we put our hope in versions of life that are not promised.”*
- Mia Staub, *Christianity Today*, January 3, 2025.

Notes

For Further Discussion:

- How have you grown as a result of being married?
- How would you like to see the two of you grow together in your marriage this year?
- What have you learned in marriage that you could share (to encourage) the generation following you?
- Recall the 3 advantages to embracing a growth mindset in marriage. Are there other advantages in doing so that you've realized in your marriage? If so, what are they?
- What is one thing you've learned from our time together that you want to now put down in your everyday walking around life?