

Week 2

The Facilitator Guide will help you lead the conversation. [Brackets] indicate simple cues for you, as the facilitator, not intended to be read aloud.

Conversation Starter:

Describe your idea of a perfect date. (Hint: There are no wrong answers!)

[Play the Recap Video, then move on to the Discussion Questions]

Discussion Questions:

Question 1: Think about a couple you know who has a good marriage. What do you see in their relationship that stands out to you?

Question 2: Love can be tricky to define. Robert Sternberg says that it takes passion, intimacy and commitment for love to be strong. Do you agree or disagree and why?

Question 3: Often, we think of love as one dimensional. David mentioned three love styles:

- Romantic love: *a combination of intimacy and passion without commitment.*
- Foolish love: *a combination of passion and commitment without intimacy.*
- Companionable love: *a combination of intimacy and commitment but with fading passion.*

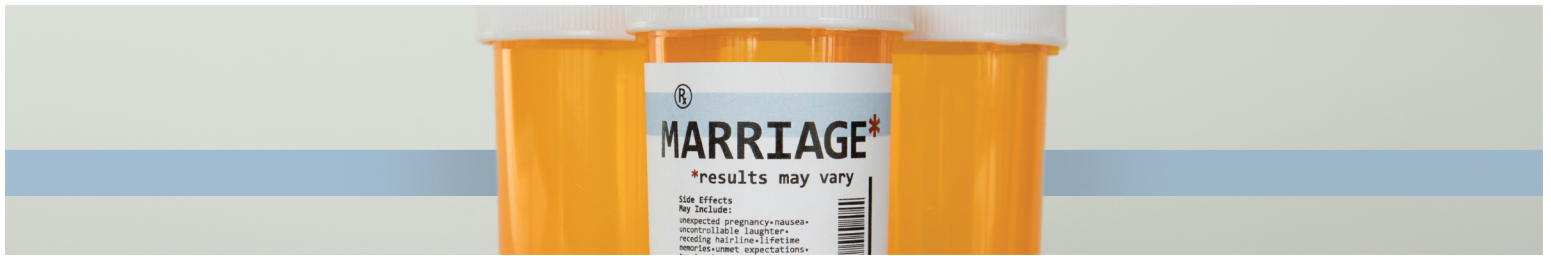
If you're married, have you experienced these styles in your relationship? If so, what season would you say you are in currently? For singles, how have you witnessed these seasons in the lives of other couples or through past relationships?

Question 4: Reaching a goal is way easier than maintaining it. Because love styles in marriage change, we must always be working to strengthen our relationship. What's one area you need to focus on this week to strengthen your marriage? If you're single, how can you adapt your view and expectations for love to set you up for success in your future?

Pray:

- **Read Galatians 5:22-23**

Pray that God would give you the determination to do the hard work of cultivating your relationship with your spouse so you could enjoy the benefits God intended for marriage. For those who are single, pray that God would give you wisdom in establishing reasonable expectations in your relationships.



Bonus:

When you combine passion, intimacy, and commitment, they grow a flourishing and healthy marriage. This week's challenge is to **PIC I**. Pick one application from each area: Passion, Intimacy, and Commitment and put it into practice with your spouse!

Passion: It's not just for newlyweds! Keep that spark alive no matter how long you've been married.

Practice meaningful touch.

- hold hands often, give lingering hugs, kiss before heading to work and going to bed, offer a no-strings attached massage.

Plan mutually enjoyable experiences.

- Plan a romantic dinner, check out a movie. plan a vacation or a quick night away.

Compliment your spouse daily.

- Tell her she's beautiful, tell him he's a good protector and provider.

Intimacy: husbands and wives are best friends as well as lovers – sharing dream, interests, fears and hopes.

Spend time together.

- Go for a walk, play a board game, ask each other questions about your childhood

Listen with a third ear.

- Guys, listen for more than words, look for emotion. Ladies, let him finish his thought.

Practice unconditional acceptance.

- This week, don't point out a single fault in one another.

Explore spiritual terrain together.

- Read the Bible or a devotional book together and talk about what you are learning. Pray together but do it before you crawl into bed.

Commitment: establish a determination that our marriage will persist no matter what.

Relive your wedding.

- Recite your wedding vows, look at pictures from your wedding or watch it on video.

Erase the word divorce from your vocabulary.

- Don't allow this dangerous word to enter into your household.