

## Week 6

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:

Share one of your most unusual roommate or workmate experiences. (*Hint: Think through sharing a room growing up, in college or using a co-working space at the office.*)

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

### Discussion Questions:

**Question 1:** Often we believe that we will merely stumble upon our one true love, but soulmates aren't found they're made. What are some examples of how our culture buys into the "perfect person" myth?

**Question 2:** For relationships to thrive, we need to develop a culture of safety. Describe a friendship or environment in your life where you felt like you could be yourself and share anything and everything. (*Hint: It could be a childhood friend, a parent, a group or club, etc.*)

- **Read Genesis 2:18-23**

**Question 3:** In his message Matt asked the question, "Does your spouse know all there is to know about you?" Why is it so hard for us to be vulnerable and exposed to the point of keeping no secrets, even with those we love the most?

**Question 4:** Souls mates are seen, safe, and one. In order to be fully known and to fully understand someone else, we have to be recognized and know others in six areas:

*Physically-* sharing your entire person; insecurities, fears, and past.

*Emotionally-* sharing the emotions you each are experiencing and processing each day.

*Socially-* sharing who you each hang out with, how your time is spent, etc.

*Intellectually-* sharing what one another are interested in and learning.

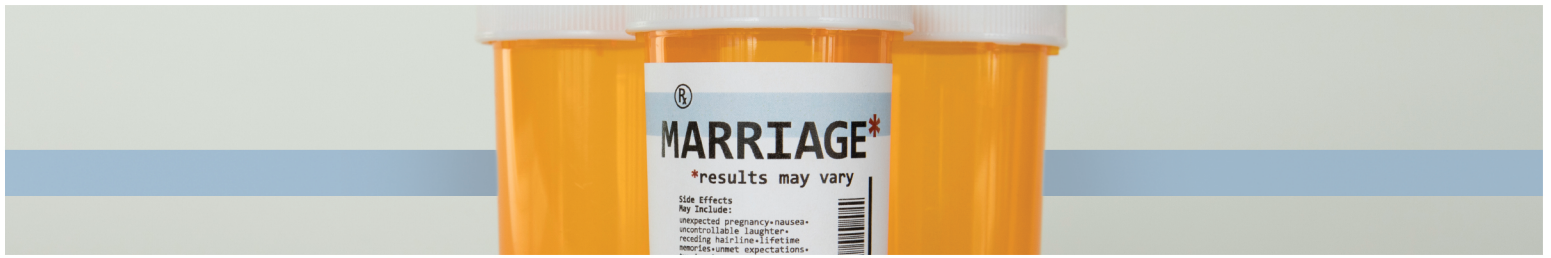
*Volitionally-* sharing dreams and hopes of the future.

*Spiritually-* sharing the source of our value, purpose, and direction.

None of us can master these perfectly or at once. What's one area you can commit to working on in this season of your relationship?

### Pray:

As we wrap up our Marriage\* series, we are just beginning the work! Pray that God would give us the desire to fight for healthy relationships and to put in our best time and energy to create intimacy in our marriages or future marriages.



## Bonus: (For Married Couples)

“Even happily married couples eventually discover an innate longing to bond with their lover, not just for comfort, not just for passion - but also for meaning. Sharing life’s ultimate meaning with another person is the spiritual call of soul mates, and every couple must answer that call or risk a stunted, underdeveloped marriage.” –Les and Leslie Parrott

**Marriages thrive when our souls are connected. So, be intentional to connect with your spouse in ways that truly make you one. Use the questions below to prompt next steps as you invest in your marriage.**

### 1. Make a plan.

**Talk it over:** *What will it take for us to begin to feel like we are in sync with one another as a couple?*

- Pick times that are dedicated for just the two of you. It could be a weekend away, or a consistent date night where you can **slow down** and **invest in one another**.
- **Set aside time daily** to connect about your day and make it sacred. It only has to be a few minutes, but it should happen consistently.

### 2. Seek God, together.

**Talk it over:** *How much of a priority is seeking God together for you right now?*

- **Read the Bible together**, or read separately and discuss it together!
- **Pray together** and pray for one another individually, every day!
- **Attend a marriage conference** to sharpen your focus and realign your hearts.

### 3. Have serious fun.

**Talk it over:** *How would you evaluate the level of fun in your relationship?*

- **Go on a date.** When was the last time you stopped to enjoy spending time with your spouse? Life gets busy, and if we’re not careful, we don’t make time for what matters most.
- **Check out [LCBCchurch.com/DateNight](http://LCBCchurch.com/DateNight)** for a free resource that will help you and your spouse build intimacy as you remember why you love one another!

**Stop living like roommates. Start acting as soulmates.**