

Growth Group

Study: Marriage

A house is built by wisdom and becomes strong through good sense. Through knowledge its rooms are filled with all sorts of precious riches and valuables. The wise are mightier than the strong, and those with knowledge grow stronger and stronger.

Proverbs 24:3-5

Marriage is wonderful, complicated, fulfilling, stressful, exhilarating and a hundred other things...sometimes all at the same time. There are times of intense joy and times of great frustration. Husbands and wives experiences many ups and downs and highs and lows during the process of growing together in their marriage. Often times the difficulties and struggles that arise seem daunting and couples feel as if they are the only ones this happens to. This challenges seem overwhelming.

Mark Gungor (Laugh your way to a better Marriage)

In this session of Growth Group, you will study biblical lessons to help you and your spouse understand each other better. You will read scripture and answer questions as a group. I pray you all have a great time in understanding God's design for your marriage.

Week 1

Two people can accomplish more than twice as much as one; they get a better return for their labor.

Ecclesiastes 4:9

1. The Bible is clear that problems are a part of marriage; why then do couples get upset when they experience trouble?
2. What are some of the unrealistic expectations husband and wives can have of their marriage and each other?

But those who marry will face many troubles in this life, and I want to spare you this.

1 Corinthians 7:28

3. How do you and your spouse handle the “positive “and the “negative” in your marriage? What do you think your “Positive to negative” ratio is?

I pray that your love for each other will overflow more and more, and that you keep on growing in your knowledge and understanding.

Philippians 1:9

4. What are some expectations you had in mind for your spouse when you got married?

5. How have you handled the expectations that your spouse had for you?

Joyful is the person who finds wisdom, the one who gains understanding. For wisdom is more profitable than silver, and her wages are better than gold. Wisdom is more precious than rubies; nothing you desire can compare with her. She offers you long life in her right hand, and riches and honor in her left. She will guide you down delightful paths; all her ways are satisfying. Wisdom is a tree of life to those who embrace her; happy are those who hold her tightly.

Proverbs 3:13-18

Week 2

He who finds a wife finds a good thing, and gets favor from the Lord.

Proverbs 18:22

- 1 In general, our culture's perception of marriage is that it's a "life-sucking" institution. How is this reflected in the world around us today?
- 2 In what ways is marriage portrayed as "life giving"?
- 3 Statistics show that married people live longer, are happier, wealthier, and have better sex. Why do you think this is?
- 4 How does the media feed the myth that single people are the ones who "have it made" and that married people are often miserable?

As iron sharpens iron, so a friend sharpens a friend.

Proverbs 27:17

- 5 How have you and your spouse made each other better?

Week 3

Get wisdom; develop good judgment. Don't forget my words or turn away from them. Don't turn your back on wisdom, for she will protect you. Love her, and she will guard you. Getting wisdom is the wisest thing you can do! And whatever else you do, develop good judgment.

Proverbs 4:5-7

1. In what areas of marriage are couples in our culture “clueless” about today? Why do you think this is so?
2. Why do you think some Christians can have miserable marriages, while some non-Christians can have great marriages?
3. What rules of “marriage” do you think couples break in their marriage? (And by rules it can be anything from saying “bad words, leaving in the middle of a fight, cheating etc.) What is the result of breaking the rules?
4. In a fight do you fight “fair” or “not fair”? And why do you fight the way you fight?
5. What can you tell your spouse tonight that would help you guys have a better way of fighting fair? Are there some words that should never be used, or some things in the past that need to be forgiven?

Week 4

Let the wise listen to these proverbs and become even wiser. Let those with understanding receive guidance.

Proverbs 1:5

1. How are men's and women's brains different from each other? Example: how do you view the laundry compared to your spouse. Or when its bed time is it her job or yours?
2. Ladies it is said that when men are just sitting around that men honestly may not be thinking about anything. And I mean ANYTHING. Can you understand that? Or does this concept make you feel angry, happy or you just can't understand?
3. How do you and your wife handle stress differently? In what ways is this true of you and your spouse?
4. What are some things that you would like your spouse to do when you are feeling stressed?

My mouth will speak words of wisdom; the utterance from my heart will give understanding.

Psalms 49:3

5. Knowing these differences, how can you and your spouse best support each other during times of stress and conflict?