



STUDY GUIDE

January 28, 2024

Message Series:

All In

Message Title:

Components of a Healthy Marriage

Teaching Pastor:

Brian Hughes

Warm-up/Icebreaker: (10 min.)

Share a recent, thoughtful act of kindness that your spouse/significant other/friend did for you?

Pray:

Dear Lord, thank You that You are the author and creator of all relationships. We cannot live out the relationships in our lives without Your Holy Spirit guiding and directing us. Reframe our understanding of what it means to be committed and give us truth as we read Your Word and act on it. In Jesus' name we pray. Amen.

Get Started: (20 min.)

- Has there ever been a time in your life when you essentially said, "I'm all in"? How did that play out? This will likely be a wedding or marriage proposal story!

"For life change in any area - from finances to marriage to parenting to time management, even to your pursuit of God. For you to experience real, lasting change, it requires a full-on commitment in that area. Rick Warren, a famous pastor and writer, once said 'You become what you're committed to.' I think he's right." -Pastor Brian Hughes

On Sunday Pastor Brian shared **5 factors** that will help you lean into an all-in commitment to marriage:

Serve
Celebrate
Listen
Laugh
Learn

- When it comes to one of your key relationships or marriage, which one of these would you currently like to focus on?

Read John 13:34-35.

- How can we love with His love?

Watch and Discuss Video: (Running time 15:39 min./20 min. discussion)

Pastor Brian shared elements of a great marriage or tools for a future marriage:

Time - ongoing investment of dedicated time

Intentionality - create a rhythm of connection, schedule outings

Focus - diminish distractions

Unity - common goal

- Share an example of one or more of these elements experienced in your relationship or witnessed it in another's relationship?

Reflect and Commit: (15 min.)

“Most people don’t listen well. They THINK they listen well because they think listening is simply being quiet while you talk. Real listening, though, listens with the eyes as much as it does the ears. Real listening is a quest to find the intersection of the words the person is speaking and the feelings they’re trying to express. I can’t tell you how many times, when I do this well, I spoke a handful of words as a response to something a person says, reflecting their feeling, and watched as they released their anxiety or fear or anger simply because they felt heard.” -Pastor Brian Hughes

Read Colossians 3:12-17.

- In terms of your marital relationship/or other key relationship, what do you find most helpful in Paul’s message?

Read 1 Peter 4:8-11.

- In what way does “love cover over a multitude of sins” in your marriage/ relationships with others? Is there a relationship in your life right now that would benefit from practicing this command?
- Consider taking one step this week toward a more committed relationship. Maybe you pick a book to read or listen to; maybe you plan a fun date night or get creative about a way to serve your spouse or significant other. Maybe you commit to only speaking well of your partner this week. Before this day ends, pick one way that you’re going to live into the “All in” mindset on marriage.

Gather prayer requests and pray. (5-10 min.)

Pray:

Dear Lord, we need Your supernatural power to help us, especially when it comes to being committed in our marriage/relationships. Fill us with more of You so we can increase the way we serve, celebrate, listen, love and learn. And whatever we do, whether in word or deed, help us to do it all in the name of the Lord Jesus. Amen.