

DISCUSSION GUIDE

EAR TO EAR

Introduction:

We believe there are a handful of **key Biblical practices and habits** that lead to a fantastic, life-giving, fun and passionate marriage.

So, over the course of the next 4 weeks we're going to work at some key perspectives that we can learn to get the marriage that we want.

Getting Started:

1. What expectations did you bring to your marriage (e.g kids, roles, chores, careers, etc)?
2. Do you think it is possible for your spouse to meet all your needs? Why or why not?

Read and discuss (as many as you have time for): **Philippians 2:3-4, James 1:19, Psalm 19:14, Proverbs 12:18, Proverbs 18:21**

Key Questions:

3. Read Philippians 2:3-4, how do you think this verse applies to getting your needs met by your spouse?
4. Read James 1:19, What are you better at: listening or sharing your opinions?
5. It is important to have active listening and assertiveness in speaking. How do you balance the two? What happens when you don't have both?
6. One implication can be trying to "outlast your spouse". Do you try to withhold something from them, waiting for them to figure out why you are mad? What are the short-term results? What are some of the long-term ramifications?
7. Read Proverbs 18:21. What potential implications can this verse have on your marriage?

Next Steps:

Chad and Sarah gave us a couple of challenges this week:

1. This week, when you find yourself getting frustrated, trace your feeling back to the unmet need/expectation.
2. Challenge yourself to have a 3 to 1 ratio of positive to negative comments about your spouse, kids, etc.

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