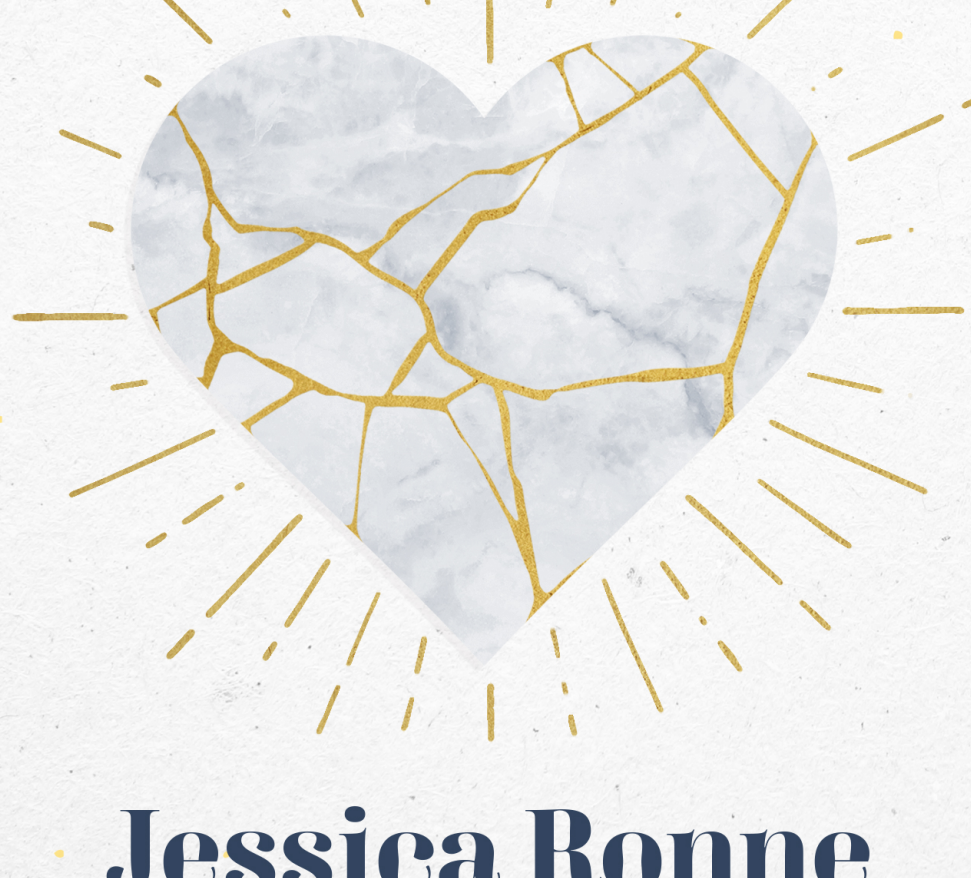


LOVIN' WITH GRIT & GRACE STUDY GUIDE

7-Week Study



Jessica Ronne

WEEK ONE: HEALTH

Preserving This Commodity in Our Marriages

All read Chapter 1 ahead of time.

For the next seven weeks, we're doing a deep dive into the concept of marriage. We're going to explore seven categories within a marital relationship that require consistent checkups and check-ins for the relationship to maintain health, vitality, and growth! And speaking of health, that's our topic for today. We'll explore what Scripture has to say about health—physically, mentally, and spiritually—and then we'll talk about this topic in relationship to our marriages.

First, let's watch the video segment for lesson 1.

NOTES ON VIDEO

QUESTIONS

1. Share the first emotion that comes to mind with the word "health."
2. Jess talks about "consistency is key." What does that mean to you?
3. Ryan and Jess discuss how they had to prune for self-care, which involved moving to a new city in their situation. What do you need to prune from your life to take better care of your health?



SHARE

Take a few minutes to introduce yourselves and then share/discuss answers.

READ

The following scriptures address different aspects of what being healthy can mean. Listen and jot down how these might relate or apply to your life. These can remain private or be discussed as a group.

"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body." —1 Corinthians 6:19-20

"A joyful heart is good medicine, but a crushed spirit dries up the bones." —Proverbs 17:22

"Gracious words are like a honeycomb, sweetness to the soul and health to the body." —Proverbs 16:24

"You shall serve the LORD your God, and he will bless your bread and your water, and I will take sickness away from among you." —Exodus 23:25

"For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come." —1 Timothy 4:8

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." —Philippians 4:6-7

DISCUSS

1. What feelings arise in your heart when we read these verses?
2. What are the different kinds of health discussed?
3. Why do you think the Lord instilled parameters around our health?
4. How do these verses apply to your marriage?



EXPLORE

Here are some feelings the word "health" elicited in people:

PONDER AND DISCUSS

Which of these emotions resonate with you?

Why?



CLOSING QUESTIONS/HOMEWORK

Complete with your spouse.

1. How can we improve our spiritual health as a couple?
2. How can we improve our physical health as a couple?
3. How can we improve our emotional health as a couple?
4. What is one change we will commit to doing this week?
5. His takeaway:
6. Her takeaway:

IF COMFORTABLE, DISCUSS ANSWERS AS A GROUP.

Close with prayer.

