

WEEK FIVE: EXCITEMENT

Required to Thrive—but How?

All read chapter 5 ahead of time.

Every relationship needs a consistent dose of excitement or ooo la la to thrive. Without this pump of energy, life becomes stagnant and boring, and we sometimes become resentful when we think, Is this my life? Why isn't it ever fun anymore? Relationships thrive when we're dreaming about big things together and trying new activities!

Let's watch the video segment for lesson 5.

NOTES ON VIDEO

QUESTIONS

1. Share the first emotion that comes to mind with the word "excitement."
2. When Jess talks about the importance of date night, what feelings come to mind? Is this something you and your spouse prioritize? If not, why?



3. Ryan and Jess chat about some of the dreams they've had together and how they've worked to make these dreams come true. What's the last dream you and your spouse had together, and how did it end up? Did it draw you closer?

4. Part of a healthy family is including the kids in exciting activities. When was the last time the family did something out of your comfort zone? What was it and how was it received?

SHARE

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

READ

The following scriptures address God's idea of fun or excitement for us. Listen and jot down any thoughts that come to mind.

"There is nothing better for a person than that he should eat and drink and find enjoyment in his toil. This also, I saw, is from the hand of God." —Ecclesiastes 2:24

"A time to weep, and a time to laugh; a time to mourn, and a time to dance." —Ecclesiastes 3:4

"Rejoice in the Lord always; again I will say, rejoice." —Philippians 4:4

"And the streets of the city shall be full of boys and girls playing in its streets." —Zechariah 8:5

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

"And they rose up early the next day and offered burnt offerings and brought peace offerings. And the people sat down to eat and drink and rose up to play." —Exodus 32:6

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 commanded that we play? Or find joy in our lives?

4. How do these verses apply to our marriages?

EXPLORE

Here are some feelings the word "excitement" 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 the excitement factor in our marriage?
2. What is something that you've always wanted to experience in your marriage but haven't yet?
3. What is one change we will commit to accomplishing this week?
4. His takeaway:
5. Her takeaway:

IF COMFORTABLE, DISCUSS ANSWERS AS A GROUP.

Close with prayer.

