

WEEK SEVEN: SPIRITUAL

Growing Faith Contributes to a Growing Marriage

All read chapter 7 ahead of time.

We've made it to week 7, and now we're on the final letter of our acronym—S for spiritual. As believers we recognize that we were joined in a spiritual connection when we said "I do," but what does this mean? How do we grow in our faith and act in obedience within our marriage and family life? Let's watch the video, and then we'll chat about how to apply these principals to our lives.

NOTES ON VIDEO

QUESTIONS

1. Share the first thought that comes to mind with the word "spiritual."
2. Part of the spiritual component of marriage is that the two individuals become one. Do you feel this oneness in your marriage? If not, can you pinpoint why it's lacking?



3. Jess talks about the spiritual disconnect she felt in Ryan's struggle with pornography and how difficult it was for her to reach a point of forgiveness. Do you need to extend grace in your relationship in any area? Where?

4. Spiritual formation involves obedience. When have you as a couple been asked to obey something difficult? Did you fully obey? What blessing followed?

SHARE

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

READ

The following scriptures address different aspects of spiritual formation. Listen and jot down how they apply to your life. These can remain private or can be discussed as a group.

"It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life." —John 6:63

"God is spirit, and those who worship him must worship in spirit and truth." —John 4:24

"Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him." —James 1:2-5

"But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing." —James 1:22-25

"Man shall not live by bread alone, but by every word that comes from the mouth of God." —Matthew 4:4

"But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil." —Hebrews 5:14



"And the Scripture was fulfilled that says, 'Abraham believed God, and it was counted to him as righteousness'—and he was called a friend of God. You see that a person is justified by works and not by faith alone." —James 2:23-24

"And since we have a great priest over the house of God, let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. Let us hold fast the confession of our hope without wavering, for he who promised is faithful." —Hebrews 10:21-23

"But if you bite and devour one another, watch out that you are not consumed by one another. But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do." —Galatians 5:15-17

"For the kingdom of God does not consist in talk but in power." —1 Corinthians 4:20

DISCUSS

1. What feelings arise in your heart as we read these verses?
2. What are the components for a growing spiritual life?
3. What's the purpose of spirituality in our lives?
4. How do these verses apply to our marriage?



EXPLORE

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



PONDER AND DISCUSS

Which of these feelings resonate with you?

Why?



CLOSING QUESTIONS/HOMEWORK

Complete with your spouse.

1. How can we improve our spiritual health as a couple?
2. Is there an area we need to be obedient in that we haven't been? (tithing? fostering a child? moving? quitting a job?)
3. What is one change we will commit to doing this week?
4. His takeaway:
5. Her takeaway:

IF COMFORTABLE, DISCUSS ANSWERS AS A GROUP.

Close with prayer.

