

# LIVE

## *Married People: Week Two*

### **Ground Rules**

1. Apply everything you learn in this session to yourself, not your spouse.
2. Only share what you are comfortable with - and what your spouse is comfortable with.

## ***Couple Discussion Questions***

1. Who do you spend the most time with and how does that impact you for the positive and the negative?
2. How are you doing with fleeing: the love of money, the desire for stuff, and the lusts of youth?
3. How are you doing with pursuing: righteousness, godliness, faithfulness, love, endurance, gentleness, and peace?

## ***Group Discussion***

1. Do you ever struggle with recognizing your value? When is your self-talk more positive, and when is it more negative?
2. Talk about the idea of caring for something without taking responsibility for it. What are some things you need to release responsibility for?
3. What areas of self-care do you need work in and what are some ways to improve your score?
4. What gifts and talents naturally flow from you when you are full and healthy?

## ***CHALLENGE:***

1. Choose one thing you will flee, say “no” to, or set a boundary around this week for the sake of your self-care.