

# LAUGH

## *Married People: Week One*

### ***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. If our family and friends described the levity of our marriage, what would they say?
2. What's something irritating, frustrating or annoying in our daily grind that we can choose to have fun with starting today?

## ***Group Discussion***

1. Who is the better joke teller, you or your spouse? (You may have to prove this to the group)
2. If your parents or siblings were here and told a funny story about you from your childhood, what would they say?
3. What are a few ways the daily grind of life keeps a couple from enjoying life together?
4. Share with the group a recent date night that was enjoyable? Where did you go? What did you do?

## ***CHALLENGE:***

1. What is one thing you want to do to bring more fun into your relationship this week?

**DIVE DEEPER:**

**Check out Ted Cunningham's book,  
"A Love that Laughs"**

