

LOvE

Married People: Week Three

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. Tell your spouse about any unsafe behaviors that you want to stop doing so that your marriage can feel safer?
2. Share with your spouse any safe behaviors they have exhibited toward you recently. For example, showed care for you, communicated how valuable you are, encouraged you, showed patience or grace, asked about your feelings, listened to understand, empathized willingly, gave you focused attention, etc.
3. What could you do as a couple improve to improve in listening to understand and speaking to encourage?

Group Discussion

1. Have you ever considered how important safety is in your marriage? When do you feel safest with your spouse?
2. What are some things that keep you from being a better listener?
3. Who is the best cheerleader/encourager in your life? What can you learn from them and put into practice as you speak to your spouse?
4. Dream a little about what you want your marriage to look like. What are you excited about for your marriage in the next year?

Challenge:

One thing you can do for your marriage this week is to decide on 3 to 4 core values from the following list to focus on in the next six months:

Freedom	Perseverance	Resourcefulness
Respect	Creativity	Sacrifice
Learning	Courage	Service
Intimacy	Honesty	Simplicity
Safety	Excellence	Teamwork
Encouragement	Harmony	Tradition
Truth	Adaptability	Wisdom
Acceptance	Fun	Commitment
Honor	Generosity	Communication
Authenticity	Health	Compassion
Faith	Individuality	Empathy
Trust	Integrity	Unity
Adventure	Loyalty	Patience
Growth	Hospitality	Flexibility