

## Resources from this week's teaching:

### Counselling Options

At Oasis, we believe that professional Christian counselling can be a powerful tool in any marriage. If you would like to see someone to strengthen your marriage, please contact Pastor Brynden at 204-832-4119 or bryndendevenny@oasiscc.ca for more information.

### A Private Affair by Dr. Todd and Jan Sellick

This game is created to get you talking with your spouse about topics you may not otherwise get into. Available at the Oasis bookstore on Sunday morning.

### Margin: Restoring Emotional, Physical, Financial and Time Reserves to Overloaded Lives by Dr. Richard Swenson

This book is written for anyone yearning for relief of the pressures of overload and how to live the life more designed by God. Available at most bookstores.

### The Oasis Bookstore

We have recently added new options for devotional times with God and those looking to improve their marriages. Be sure to stop by on Sunday morning.

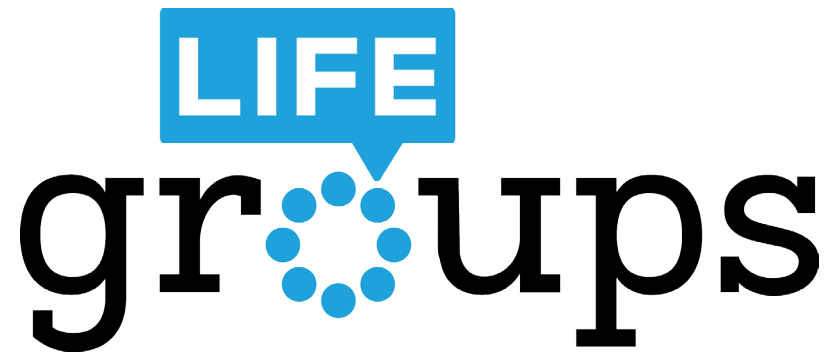
## NOTES + PRAYER REQUESTS:

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Begin by watching the "Info for the Group" portion of the DVD and then here are a few questions to get you going:

- \_\_\_ What was your high and low from the past week?
  
- \_\_\_ To get your conversation started this week, answer this question: If you planned the ideal date, what would it look like?

## PLEASE WATCH THE DVD'S "MAIN SESSION"

### INTRODUCTION

Does it ever seem like every couple around you has it all together, while you can't even agree on what's for dinner? What's their secret? Whether you are in a relationship or you would like to be in a relationship, this series will attempt to uncover *What Happy Couples Know*. This week, we continue to listen in on Dustin's conversation with Dr. Todd Sellick.

### DISCUSSION QUESTIONS

1. What is your definition of a great marriage? What do you think creating a great marriage requires of each person in the marriage?
  2. What unwritten rules of love (both healthy and unhealthy) did you learn from your family of origin? How have those rules surfaced in your relationships?
  3. In relationships, it is important to overlook a wrong and just let it go. Share an example of how the choice to do this, or not do this, affected your relationships in the past?
- In the teaching, Dr. Sellick re-introduces us to an conversation that Dustin started with Eldon Pullman in week one: the idea that men and women are both uniquely created for specific roles and that we each process things in a different way. When we fail to acknowledge this, our relationships can suffer. The way we respond to each other is critically important.
4. In what ways might your history, fears, or insecurities be obstacles to assuming the best of your spouse? What would it take to overcome those obstacles?
  5. Read **Genesis 2:18–25**. How has God designed men and women to complement each other in marriage? If you are married, why is it a good thing that God paired you with your spouse?
6. Psychologist William James said, "...if you are feeling a certain way internally, that will manifest itself in certain behaviors." If you don't feel affection for someone, pretending you do (through loving actions) can make an actual difference. Share your response to this observation.
  7. Dr. Sellick communicates that being friends with your spouse is very important to a successful marriage. If you are married, how would you describe your "friendship" with your spouse? Why do you think this matters? If you are not married, how do you think being friends with a spouse differs than simply being husband or wife?
  8. In the video, we hear of the wife of Dr. Sellick opting to meet him at the door each day. This is a simple, yet powerful, display of sacrificial love. How can you practically begin to live this way in your relationships (whether married or not)?
  9. What is one thing you have learned throughout the *What Happy Couples Know* series? What is one thing that you can do today to improve your relationship (or prepare for a future relationship)?

### MOVING FORWARD

Hearts are drawn toward acceptance. That doesn't mean you avoid difficult conversations or ignore problems. But it does mean you work to resolve your conflicts and get back to trusting each other. Happy couples know that believing the best is a choice. In fact, it's the happy choice.

### BE SURE TO PRAY TOGETHER AS A GROUP...

\_\_ What are some things going on in your life that need prayer?