

SUNDAY'S MAIN POINT

Submit to one another out of reverence
for Christ. EPHESIANS 5:21

Resources from this week's teaching:

Boundaries: When to Say Yes, How to Say No to Take Control of Your Life by Dr. Henry Cloud

A book written to help you establish boundaries required for a healthy and balanced lifestyle. Available at most local bookstores.

A Private Affair by Dr. Todd and Jan Sellick

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

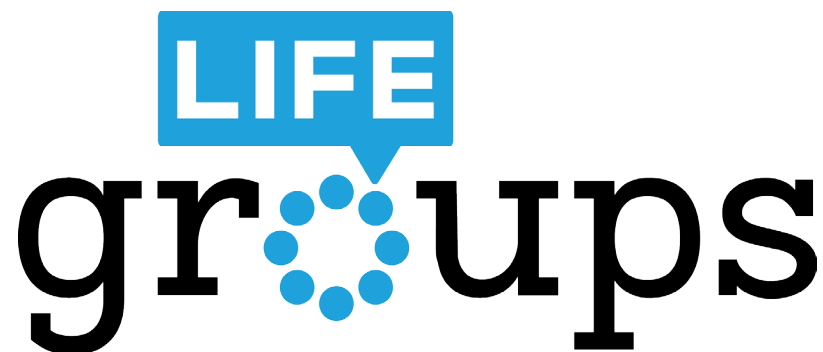
Margin: Restoring Emotional, Physical, Financial and Time Reserves to Overloaded Lives by Dr. Richard Swenson

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 time with God and those looking to improve their marriages. Be sure to stop by on Sunday morning.

NOTES + PRAYER REQUESTS:



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, tell your group who you looked up to when you were younger or even now, and why.

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 listen in on Dustin's conversation with Dr. Todd Sellick.

DISCUSSION QUESTIONS

1. In the interview we watched, Dr. Todd Sellick shares some helpful advice about relationships. What is the best piece of advice you have ever received about making a relationship last?
2. Do you have high expectations from those around you or do you expect very little? Explain.
3. Discuss this quote from Brené Brown, "If you struggle with intimacy or the vagaries of life then you will make the uncertain certain." When there is a gap between what you expect from people and what they actually do, do you fill that gap by "assuming the best" or "assuming the worst"?
4. In our relationships, we often feel the need to "win" arguments with our partners. In those moments there is a clear display of pride being shown. Yet, **1 Peter 5:5-7** reminds us of the practical nature of being humble, even in those difficult moments. How do you see this tension of "needing to win" showing up in your relationships?
5. Read **John 13:34**. Jesus defines love as a verb, not a noun. What are some concrete differences between *feeling love* and *doing love*? What are some of the practical ways spouses can love each other the way Christ has loved them?
6. Read **1 Corinthians 13:4-7**. Which of these characteristics of love described by the apostle Paul needs to be amped up in your relationships?
7. Dr. Sellick offers a very practical exercise he calls, "The One Percent Experience," where he and his wife spend one and a half hours together each week discovering each other, free from distractions. They ask 4 questions to re-align themselves: **Have I done anything to hurt or discourage you? Is there anything for which I need to ask your forgiveness? Anything that I can do that would be an encouragement to you? Is there some way I can pray for you?** Do you take time each week with your spouse that is free from all other distractions? If yes, what has that looked like and have you seen benefits? If no, what is getting in the way of making this a reality?
8. In this teaching, Dr. Sellick covered a wide array of topics. Which resonated with you the most? Which do you agree or disagree with?
9. Read **Philippians 2:3-4**. What is one specific thing you can do this week to "value others above yourself"? How can you apply this idea to someone you love?

MOVING FORWARD

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance. (**1 Corinthians 13:4-7**)

BE SURE TO PRAY TOGETHER AS A GROUP...

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