

Strengthening Your Marriage Week 9

Icebreaker- ABC game again(First/last name and favorite music group)

Update on challenge

Picnic Sept.19th at Adams'

Last week we focused on things we are not supposed to do, so this week the focus is on what God wants us TO do!

Colossians 3:12-17 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with one another and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. And whatever you do, whether in word or in deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

*Q What does God want us to be? List the traits.

(Col 3:12)God CHOSE us/holy and dearly loved

*John 3:16-He loved the world so much

Verses: Ephesians 1:4, 2Timothy 1:9, Revelation 13:8, 17:8.

~So because we are chosen and holy and dearly loved this is what he wants us to do:

Q Compare this verse where he talks about clothing yourself with these attributes vs. "having the fruits of the Spirit"(Gal 5:22 For the fruit of the spirit is **love**, joy, **peace**, **patience**, **kindness**, goodness, faithfulness, **gentleness**, and self-control) (Read Gal 5:16-23)

Q Is there much of a difference?

*Be compassionate

*Be kind

*Be humble

*Be gentle

*Be patient

*Be forgiving

*Be peaceful

*Be thankful

Q What make us "un"kind, "un" forgiving, etc.

Challenge you if there is something that has happened in the past that you need to ask your spouse for forgiveness-do it

Now lets focus on some positive...

~~~Tell class which one of these attributes your spouse is best at!~~~

(Col 3:11)LOVE

Most of all \*Be LOVING(Love is a decision) Agape Love- Expecting nothing in return

\*1 Cor 13(read) Again...where does it get you to be

angry/jealous/selfish? Didn't we say we didn't just want good marriages, we wanted GREAT

marriages? And not in a selfish way, but don't we benefit DIRECTLY by being compassionate, kind, gentle, patient, loving? YES Our marriages grow and our relationship with Jesus grows!!!

(Col 3:16) Let the word dwell in our hearts

Q What is the difference between teaching and admonishing one another?  
Last week? Sins?

Q What are some things you guys do to "let the word DWELL in your hearts?"  
My IDEAS:

SINGING-Christian music plug! Waking up with songs in your head(a lot of Christian music has scripture lyrics...may not even know it

Memorize scripture-How? Different examples?

Motives....doing it to check off list? Or to grow closer to Jesus. I am biggest culprit off wanting to check things off my list so how do change that?

Prayer..... Slow down..... Let go Pride....

Quiet times(devotionals)

As a couple, as a family, alone, with one child, with a friend, bible study

Prayer

As a couple, as a family, alone, with one child, with a friend, with group

Conferences/Retreats

Reading Christian books

Accountability Partner(someone who you can share intimate things going on in your personal life and how God is working you through those things)

(Col 3:17) DO IT FOR GOD

Whatever you do, whether in word or in deed, do it for God!

Verses: 1 Corinthians 10:31

WEEKLY CHALLENGE

Listen to Christian music everyday this week as much as you can. Pay attention to see if it changed your mood, your outlook, your day!