



**Text:** Exodus 28:6-29

1. Goal of marriage is not \_\_\_\_\_ nor is it \_\_\_\_\_.
2. Goal of marriage is \_\_\_\_\_ and \_\_\_\_\_ the \_\_\_\_\_ of God through \_\_\_\_\_ love.
3. Goal of marriage is accomplished through \_\_\_\_\_ healthy \_\_\_\_\_.  
 A) Learning to fight the good fight.  
 B) Learning the ground rules by fostering zero tolerance for \_\_\_\_\_ and \_\_\_\_\_.  
 C) Learning the ground rules of not unearthing \_\_\_\_\_ info from the \_\_\_\_\_.  
 D) Learning the ground rules by staying on the subject at hand.  
 E) Learning the ground rules of never going on the offensive rather thinking \_\_\_\_\_.
4. Healthy conversations have to be \_\_\_\_\_.
5. Healthy conversations have to be \_\_\_\_\_.
6. Healthy conversations must have \_\_\_\_\_ and \_\_\_\_\_.

**Plain Truth:**

Reconciliation: Before the empty \_\_\_\_\_ came a cross; before the cross came a \_\_\_\_\_; before the towel came \_\_\_\_\_.

**Life Application—Put these steps into practice**

7. Healthy Marriages must have a way to \_\_\_\_\_ out the steam.  
 A) The double sandwich discourse.  
 B) The wait and hold period.
8. Healthy Marriages practice \_\_\_\_\_ the \_\_\_\_\_.  
 A) Increase your \_\_\_\_\_ on your spouse.  
 B) Do again what \_\_\_\_\_ your spouse's \_\_\_\_\_.  
 C) \_\_\_\_\_ your spouse with positive \_\_\_\_\_.

**February 16 & 17, 2019**



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**February 16 & 17, 2019**

# Life Group Lesson

## Week of February 17

### Fight the Good Fight

**Read:** 2 Timothy 4:7-8

**Further Study:** Ephesians 5:21-33

**Goal:** To understand that although there are disagreements along the way, healthy marriages will learn to fight to good fight. Practicing healthy conversations are stepping stones to ensure our marriage will go the distance.

#### Before the Video

- How do you 'let out steam'? How does your spouse 'let out steam'?

#### After the Video

- Part of fighting the good fight is learning the ground rules. Which stood out to you?

#### Digging into the Bible

- Paul was faithful to God. "I have fought the good fight, I have finished the race, and I have remained faithful" (2 Timothy 4:7). Similarly, God desires marriages to go the distance—for husbands and wives to remain faithful to one another and finish the race well. How can a marriage that honors the Lord, though not perfect, encourage others by example?
- Notice Ephesians 5:21 says, "...submit to one another out of reverence for Christ." When our ultimate allegiance is first to the Lord Jesus, then He will enable us to love our spouse. Christ promises to empower us to stay the course – to go the distance – even when the going-gets-tough. How are husbands called to love their wives (Ephesians 5:25)?
- How is the wife to respond (Ephesians 5:33b)? Are couples not on the same team?

#### Going Deeper & Action Steps

- Cultivating an attitude of gratitude will help you go the distance. The goal of marriage is not your personal happiness, nor is it companionship, nor is it to procreate. The Goal of marriage is glorifying and reflecting the image of God through covenant love. Name at least two or three ways you can begin making healthy deposits into your spouse' love bank.
- Healthy conversations must be intentional, mutual, and include apologies and forgiveness. Read Colossians 3:13 and James 5:16. What sins do you need to confess before God first, then your spouse? Commit to praying more diligently and fervently for you spouse. Thank God for bringing him/her into your life. Ask the Lord to give you the desire to go the distance and build your marriage on the solid foundation of God's Word, a marriage by the Book.

**Prayer Time** - Pray to see that the enemy is not people but past shame, fear and evil forces.

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