

LEADER'S GUIDE

WEEK 1

Us In



Mind

by Ted Lowe

HOW CHANGING YOUR THOUGHTS
CAN CHANGE YOUR MARRIAGE

Intentional Thought: Changing Your Mind

THERE'S NO SHORTAGE OF MARRIAGE ADVICE OUT THERE—and a lot of it is good advice. But chances are, we all know couples who, even though they knew all the right things to do, still found their marriage struggling. Maybe that's even been true of your own marriage. How it started couldn't be further from how it's currently going. It isn't that we want an unhappy, unhealthy, or just plain stuck marriage—it's that we want something better and something different but haven't been able to crack the code on how to make that vision of a healthier marriage a reality.

A lot of us have been there. And while there is no such thing as a miracle cure for any kind of relationship, what you'll discover in the next few weeks is that changing your marriage, improving your marriage, and bettering your marriage may not be as complicated as you think. In fact, it's possible that the only thing you do need to do it is...you.

Because in most cases, changing your marriage begins with changing YOUR thoughts. And no one has more control over your thoughts than you.

Over the next few weeks, we'll unpack five key thoughts that literally have the power to transform your marriage and the marriages of those in your group. It's a big promise. But when we begin to think and live with us in mind, it can become a reality.

Response

Ice Breaker

Share the song you and your spouse danced to at your wedding. (If you didn't have a wedding song, share your favorite song.)

Discuss

1. What have you always believed or been told it takes to have a great marriage?
2. One study showed: The happiest couples were the ones where one person rated their partner more positively than their partner rated themselves...in every category. Why do you think that way of thinking is important to marriages?
3. What are some examples of automatic thoughts that aren't automatically good for our marriage?
4. What type of mindset do you tend to have, growth or fixed?
5. Read Romans 12:2. How might this truth influence or inform your attitude or actions toward your spouse?
6. What might you gain with a growth mindset?

