

LEADER'S GUIDE

WEEK 3

Us In



Mind

by Ted Lowe

HOW CHANGING YOUR THOUGHTS
CAN CHANGE YOUR MARRIAGE

Intentional Thought: See the Best

ANYONE WHO HAS BEEN MARRIED for any amount of time can tell you that there are the rose-colored glasses of early dating, and then there is the reality of day-to-day life with another human. There's the season in a relationship when every little quirk is endearing, and the one where it all becomes annoying.

The truth is, it isn't that our spouses just one day became someone who drives us crazy. It's that the way we saw them and who they always were, changed. And when the lens we see our spouse through changes, who we believe our spouse to be changes as well—and not always for the best.

This week, help guide your group to use a new kind of lens to see their spouse—the Philippians 4:8 lens. Because a new view may not improve your spouse, but it will improve how you see them.

IN CLOSING

This week, make a note on your phone or write out on an index card all of the adjectives from Philippians 4:8. Then “catch” your spouse exemplifying each of the adjectives. When you see them being patient, kind, etc, don't just make a mental note yourself, tell them you noticed!

Response

Ice Breaker

Have everyone tell two truths and a lie about their marriage and have everyone guess the lie.

Discuss

1. What are three things about your spouse that caused you to fall in love with them?
2. What is your partner's biggest pet peeve about you? What is your biggest pet peeve about your partner? (Keep these light!)
3. Human psychology tells us that when it comes to our own shortcomings, we are more likely to see our flaws as exceptions to our very good character. But when it comes to others? We see their bad behavior as the totality of who they are. In other words, we see the best in ourselves, and not in others. We believe the best about our own actions, and stop short with our spouses. How has choosing to not see the best in your spouse affected your relationship in a negative way?
4. What is not choosing to see the best doing for YOU?
5. Take a minute and read Philippians 4:8 NIV. Have everyone pick one of the words Paul uses in that verse and give an example of how their spouse has exemplified that quality recently.

