

## **GNCOMMUNITY BIBLE STUDY GUIDE**

SERMON SERIES: "HEALTHY - FAMILIES & MARRIAGES"

SERMON TITLE: "HEALTHY MARRIAGES"

DATE PREACHED: SUNDAY, FEBRUARY 10TH 2019

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◆ **Facilitator NOTE:** AS YOU PREPARE AHEAD OF TIME, LOOK THROUGH THE PASSAGES/QUESTIONS BELOW TO HELP YOURSELF PRIORITIZE THE THINGS THAT YOU DEFINITELY WANT TO COVER WITH THE TIME YOU HAVE AVAILABLE. YOU LIKELY WILL NOT BE ABLE TO COVER ALL THIS MATERIAL. TRY TO KEEP THE STUDIES TO AROUND AN HOUR FOR THE KIDS/KIDS-HELPERS SAKE.

### •✎ SERMON IN A SENTENCE:

"**Ephesians 5:33** — "However, let each one of you love his wife as himself, and let the wife see that she respects her husband."

*(use the questions you want to use, ignore the ones you don't want to use, and add any that you think would be good)*

### **WARM UP QUESTIONS:**

- ☞ Why do you think divorce rates are around 50% in America, some of the highest historically?
- ☞ Why do you think that society as a whole is seeing less value in the idea of marriage? Do you even agree with this statement?
- ☞ How have positive examples of marriage and negative examples of marriage impacted your life personally?
- ☞ What are the top things that you believe challenge most marriages?
- ☞ In your opinion, what are some of the most helpful preventative actions a married couple can take to protect the health of their marriage?

### **JEFF STEVENSON SPOKE OF 3 MAIN CONCEPTS THAT HELP MAKE HEALTHY MARRIAGES:**

***Boundaries*** – THE MECHANISMS THAT ALLOW GOOD THINGS IN AND KEEP BAD THINGS OUT.

***Bonds*** – THE GIFT OF RELATIONAL GLUE THAT HOLDS (STICKS) TWO PEOPLE INTIMATELY TOGETHER.

***Behaviors*** – ACTIVELY AND DELIBERATELY LIVING LIFE IN A WAY THAT HELPS MEET THE TRUE NEEDS OF YOUR SPOUSE (LOVE AND RESPECT).

## DIVE IN DEEPER:

**Genesis 2:20b-25** — “**20b** But for Adam no suitable helper was found. **21** So the Lord God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man’s ribs and then closed up the place with flesh. **22** Then the Lord God made a woman from the rib He had taken out of the man, and He brought her to the man. **23** The man said, “This is now bone of my bones and flesh of my flesh; she shall be called ‘woman,’ for she was taken out of man.” **24** That is why a man leaves his father and mother and is united to his wife, and they become one flesh. **25** Adam and his wife were both naked, and they felt no shame.”

- 🗨️ Specifically in regards to marriage, what strikes you about this passage?
- 🗨️ When you hear the word “helper” used for Eve/a wife, do you have a negative connotation, or a positive connotation?
- 🗨️ Read verses 23+24 again: What do you think is meant by “one flesh” and what is its significance for us still today?
- 🗨️ In verse 25, it says that “they felt no shame”. How do you think shame breaks people and therefor marriages? How does God restore us out of shame?

**Ephesians 5:21-33** — “**21** Submit to one another out of reverence for Christ. **22** Wives, submit yourselves to your own husbands as you do to the Lord. **23** For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. **24** Now as the church submits to Christ, so also wives should submit to their husbands in everything. **25** Husbands, love your wives, just as Christ loved the church and gave himself up for her **26** to make her holy, cleansing her by the washing with water through the word, **27** and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. **28** In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. **29** After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— **30** for we are members of his body. **31** “For this reason a man will leave

his father and mother and be united to his wife, and the two will become one flesh.” **32** This is a profound mystery—but I am talking about Christ and the church. **33** However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.”

- 🗨️ What does verse 21 say, and who is the Apostle Paul speaking to?
- 🗨️ What does Paul mean when he tells wives to “submit” to their husband, and why do many wives struggle with this?
  - What example does Paul use as a model for wives to use as their example of submission?
- 🗨️ What does Paul mean when he tells husbands to “love” their wife, and why do many husbands struggle with this?
  - What example does Paul use as the model for husbands to use as their example of love?
- 🗨️ How would every marriage benefit if they lived out verse 33?

### **TAKE THIS HOME WITH YOU “TAKEAWAY”:**

- ☀️ How does your marriage embody humility, selflessness, and sacrificial love and respect that Jesus showed us?
- ☀️ What can you start doing today to be the spouse that God desires you to be for your spouse? Where do you need to ask for forgiveness?
- ☀️ Who do you need to talk to who will give you the wisdom and encouragement that you need in your marriage?

❖ Close in prayer.

### **MATCHING THEME IDEAS FOR THE KID’S LESSON:**

- I’d encourage a worship time if possible (youtube works great {Lifetree Kids & Bible Project}).
- Ask them if they have any things in their life that they need Jesus’ help with, and then pray for the requests of the group.
- And feel free to ask any of the kids if they’d like to say a prayer for the group.

▶ Read **Genesis 2:23-24** — “**23** The man said, “This is now bone of my bones and flesh of my flesh; she shall be called ‘woman,’ for she was taken out of man.” **24** That is why a man leaves his father and mother and is united to his wife, and they become one flesh.”

**Ask the kiddos questions like:**

- What is marriage?
- What does a healthy marriage act like?
- Who do you know that is married?
- Who designed and made marriage?

**Activity Ideas:**

- Take food coloring and have one clear pitcher of red colored water, and another clear pitcher of blue water, and then an empty pitcher where you will mix both colored waters together to make a new color.
- The idea and lesson here is: Can you then take the mixed pitcher and separate back out the colors of red and blue? No, and this is what God desires when a man and woman get married and the two become one flesh.