



A great marriage doesn't just happen. It requires time and intentionality. It's built on two people who are willing to put God first, make sacrifices, and give unconditional love and respect to the other person.

Discussion Questions

1. What was a time in your life when you felt the most loved? When did you feel the most respected? What words or actions surrounded those moments?
2. **Read Philippians 4:19.** If God will supply all your needs, how does that impact the expectations you have in relationships? How can you let God, not another person, meet your needs?
3. Research has shown the brain responds best to a ratio of five positive feedback messages for every negative message. What has been the ratio of positive to negative feedback that you've given this past week? What do you think your spouse, roommate, or co-workers would say?
4. Great marriages and relationships are built on two people who are willing to give up something for the other. What is that for you? What are you willing to give up so that you can have better relationships?

Challenge

If you're married, find a night to go out to dinner with each other and truly listen to one another. Husbands, complete this sentence: "I feel respected when..." And wives: "I feel loved when..." If you're not married, chat with a close friend about how you feel loved and respected—and intentionally bring those values to all of your relationships this week.

Commit to Memory

Each man must love his wife as he loves himself, and the wife must respect her husband. **Ephesians 5:33**