

LifeGroups



# From this day forward

Grow together till death  
do you part.

## **Welcome to *From This Day Forward*...**

While every couple who walks down the aisle believes their marriage will last forever from this day forward, the truth is, more marriages are failing today than ever before. This series is designed to help you not become another statistic, as you learn five commitments that will fail-proof your marriage. By implementing these five commitments and making them a foundation of your relationship, your marriage will never be the same again. You will grow together the way God intended.

## **Who Is *From This Day Forward* Designed For?**

*From This Day Forward* is designed for married and engaged couples. This series can be used in a LifeGroup or in a larger group setting. Couples can also go through this series on their own, but it is recommended that they watch the series and complete the activities together.

## **What Does the *From This Day Forward* Experience Look Like?**

*From This Day Forward* consists of five sessions, each one based on one of the five commitments. Sessions contain teaching by Craig Groeschel, discussion questions and activities led by video hosts Michael and Michelle Metcalf, and expert advice by Dr. Kim Kimberling, who has helped thousands of couples as a licensed counselor. All of the discussion questions, activities, next step ideas, and Bible references can be found in this participant guide.

## **What Other Resources Do I Need?**

The only resources you need for *From This Day Forward* are this guide and the accompanying videos. You can access the videos by visiting [www.go2.ic/ftdf](http://www.go2.ic/ftdf). You can also find *From This Day Forward* on Apple TV, Roku, Fire TV, Android TV, and YouTube. It is recommended that you use a Bible or the free YouVersion Bible App so that you can read the Bible references included in the series. In Session 1 you will learn about a YouVersion Bible Plan that accompanies this series. It is available at [www.go2.ic/ftdfplan](http://www.go2.ic/ftdfplan). If you don't have the Bible App, download it for free at [www.life.church/bible](http://www.life.church/bible).

## **Should I Work Through Each Session One at a Time?**

That depends on your learning style. Some may choose to work through the sessions one at a time, allowing a period of prayer and reflection before moving to the next. Others may want to go at a faster pace. Because some of the sessions are lengthy, you may even want to consider splitting them up. No matter how you choose to complete the material, you will benefit from the results. Just go at the pace that most benefits you.

## **Marriage Assessment**

Before you begin this series, take a moment to take the marriage assessment beginning on page 3. This assessment will help you understand where your relationship currently stands as related to the five commitments you will be learning about. There is an assessment for couples who are currently married and a separate assessment for couples who are engaged.

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## Assessment for Married Couples

This assessment is designed to help you and your spouse gain a better understanding of where you are in your marriage with regards to the five commitments you will be learning about during this series. The results of this survey will help you and your spouse determine which of these five commitments to focus on the most. It's important to be authentic and honest in your answers. After answering the questions, tabulate your scores for each section to see how well you are doing in those areas.

On a scale of 1 to 5, with 1 being definitely not true and 5 being definitely true, answer each question below.

### Section 1: Seeking God

I regularly spend time alone praying and reading the Bible. \_\_\_\_\_

My spouse and I regularly spend time praying and reading the Bible together. \_\_\_\_\_

Seeking God is a priority in my marriage. \_\_\_\_\_

We regularly attend church together. \_\_\_\_\_

God is the number one priority in our life. \_\_\_\_\_

Total Score: \_\_\_\_\_

### Section 2: Fight Fair

My spouse and I fight fair. \_\_\_\_\_

My spouse and I effectively manage conflict in our marriage. \_\_\_\_\_

My spouse and I communicate openly and honestly. \_\_\_\_\_

My spouse listens when I'm talking. \_\_\_\_\_

My spouse and I are careful to guard our anger and our words with each other.

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Total Score:

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### **Section 3: Have Fun**

My spouse and I are intentional about taking time to talk with each other.

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My spouse and I have regularly scheduled date nights.

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My spouse and I have activities we often enjoy doing together.

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My spouse and I are pleased with the frequency and quality of our sexual relationship.

---

My spouse and I enjoy a high level of intimacy with each other.

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Total Score:

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### **Section 4: Stay Pure**

My spouse and I have our own accountability partners.

---

My spouse and I have a high level of trust with each other.

---

My spouse and I have taken proactive steps to prevent impurities from entering into our marriage.

---

My spouse and I have set boundaries when it comes to how we interact with the opposite sex.

---

My spouse and I feel that purity is not a weakness in our marriage.

---

Total Score:

---

## Section 5: Never Give Up

My spouse and I have never used the word divorce. \_\_\_\_\_

My spouse and I support each other during difficult times. \_\_\_\_\_

When it comes to our marriage, my spouse and I tend to be positive instead of negative. \_\_\_\_\_

My spouse and I feel our marriage is in a great place. \_\_\_\_\_

My spouse and I feel that purity is not a weakness in our marriage. \_\_\_\_\_

Total Score: \_\_\_\_\_

### If your score for each section is:

25 - 21: Your relationship is very strong in this area.

20 - 15: Your relationship is doing okay in this area, but some work is needed.

14 - 10: Your relationship is struggling in this area, and you need to take steps to improve this commitment.

9 - 5: This is a major problem area for your marriage that requires immediate help.

### Assessment for Engaged Couples

This assessment is designed to help you and your future spouse gain a better understanding of where you currently are in your relationship with regards to the five commitments you will be learning about during this series. The results of this survey will help you and your future spouse determine which of these five commitments to focus on the most as you are building the foundation for your new marriage. It's important to be authentic and honest in your answers. After answering the questions, tabulate your scores for each section to see how well you are doing in those areas.

On a scale of 1 to 5, with 1 being definitely not true and 5 being definitely true, answer each question below.

**Section 1: Seeking God**

I regularly spend time alone praying and reading the Bible. \_\_\_\_\_

My future spouse and I regularly spend time praying and reading the Bible together. \_\_\_\_\_

Seeking God is a priority in our relationship. \_\_\_\_\_

We regularly attend church together. \_\_\_\_\_

God is the number one priority in our life. \_\_\_\_\_

Total Score: \_\_\_\_\_

**Section 2: Fight Fair**

My future spouse and I fight fair. \_\_\_\_\_

My future spouse and I effectively manage conflict in our relationship. \_\_\_\_\_

My future spouse and I communicate openly and honestly. \_\_\_\_\_

My future spouse listens when I'm talking. \_\_\_\_\_

My future spouse and I are careful to guard our anger and our words with each other. \_\_\_\_\_

Total Score: \_\_\_\_\_

**Section 3: Have Fun**

My future spouse and I are intentional about taking time to talk with each other. \_\_\_\_\_

My future spouse and I have a great time on dates. \_\_\_\_\_

My future spouse and I have activities we often enjoy doing together. \_\_\_\_\_

My future spouse and I would rather spend time together than apart. \_\_\_\_\_

My future spouse and I enjoy trying new activities together. \_\_\_\_\_

Total Score: \_\_\_\_\_

### **Section 4: Stay Pure**

My future spouse and I have our own accountability partners. \_\_\_\_\_

My future spouse and I have a high level of trust with each other. \_\_\_\_\_

My future spouse and I have taken proactive steps to prevent impurities from entering into our future marriage. \_\_\_\_\_

My future spouse and I have set boundaries to remain pure until marriage. \_\_\_\_\_

My future spouse and I have remained pure with each other while dating. \_\_\_\_\_

Total Score: \_\_\_\_\_

### **Section 5: Never Give Up**

My future spouse and I feel like we have a strong vision for our marriage. \_\_\_\_\_

My future spouse and I support each other during difficult times. \_\_\_\_\_

When it comes to our relationship, we tend to be positive instead of negative. \_\_\_\_\_



My future spouse and I feel our relationship is in a great place. \_\_\_\_\_

My future spouse and I are not selfish with each other. \_\_\_\_\_

Total Score: \_\_\_\_\_

**If your score for each section is:**

25 - 21: Your relationship is very strong in this area.

20 - 15: Your relationship is doing okay in this area, but some work is needed.

14 - 10: Your relationship is struggling in this area, and you need to take steps to improve this commitment.

9 - 5: This is a major problem area for your marriage that requires immediate help.

**Session 1: Seek God**

Watch the Session 1 video at [www.go2.lc/ftdf](http://www.go2.lc/ftdf). Use this discussion guide to follow along and take notes during the video. The fill-in-the-blank answer key is located in the back of this guide.

**Talk It Over**

How would you evaluate the current state of your relationship? Share what's good and what's not so good.

- God is your \_\_\_\_\_, and your spouse is your \_\_\_\_\_.

*Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'" Matthew 22:37-39 NIV*

I will always seek the \_\_\_\_\_ with my \_\_\_\_\_!

## How Do We Seek God?

- \_\_\_\_\_ together every day.

*... if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land. 2 Chronicles 7:14 NIV84*

## According to a Marriage Survey...

- Fewer than \_\_\_\_ percent of Christian couples pray together regularly (FamilyLife Survey, USA).<sup>1</sup>
- Of those couples who do, fewer than \_\_\_\_\_ percent divorce (Gallup Poll by the National Association of Marriage Enhancement, 1997).<sup>1</sup>

*But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matthew 6:33 NIV*

## Talk It Over

How much of a priority is seeking God together for you right now?

## Living It Out With Dr. Kim

Dr. Kim Kimberling has been a professional counselor for nearly 30 years and holds a PhD in Christian counseling and a doctor of ministry degree in Christian counseling. He also holds a master's degree in Christian ministry and a master's in theological studies. He is president and co-founder of Family Christian Counseling in Oklahoma City. Most importantly, Dr. Kimberling is passionate about helping equip couples for a successful marriage.

*Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken. Ecclesiastes 4:12 NIV*

A cord of three strands for a healthy marriage means God, the husband, and the wife are all woven tightly together. This is God's plan for marriage.

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<sup>1</sup> \*Dave Currie, "Marital Prayer Part 1: What Happens When a Couple Prays Together?" Doing Family Right, Jan. 14, 2013, <http://www.doingfamilyright.com/marital-prayer-part-1-what-happens-when-a-couple-prays-together/>

## **Practical Ways to Seek God as a Couple**

1. Attend church together.
2. Read the Bible together.
3. Pray together.

## **Steps You Can Take to Begin Praying Together**

1. Realize there is no right or wrong way to pray together.
2. Just start. Pray whatever you want to pray. Pray a simple prayer, or start with the Lord's Prayer. Pray out loud or silently.
3. Share with each other what you would like to pray about.
4. Find out how comfortable each of you is with praying, and then start at the level of the one who is least comfortable.

## **Talk It Over**

1. How would you like to see God woven into your relationship?
2. What are some of the benefits you've experienced of praying together? If you're not praying together, what's preventing you from doing so?
3. In addition to praying together, what other things do you need to do in your relationship to seek God? What steps will you take to do these things?

## **Next Steps**

To have a healthy marriage, it all starts with seeking God. Your next steps for this first session are geared to help you both begin seeking God together, if you are not doing so already. There are two great devotionals you can choose from that will give you an opportunity to pray together and read God's Word together each day for the next few weeks. Choose whichever plan sounds best for your relationship.

1. The *From This Day Forward* YouVersion Bible Plan. This 33-day plan explores the five commitments you will learn during this series. Each day, this Bible Plan will give you a passage of Scripture to read together, something to pray about together, something to discuss with each other, and an activity for you to do together. Find the Bible Plan at [www.go2.lc/ftdfplan](http://www.go2.lc/ftdfplan).
2. Dr. Kim's *I Want an Awesome Marriage 30-Day Bible Experiment for Couples*. This devotional is designed to help encourage married and engaged couples to read the Bible together and pray together for a period of 30 days. Each day couples will have a Scripture to read together and a question to discuss. They will also have an opportunity to pray together and discuss their next steps. You can find a PDF of this devotional at [resources.life.church/products/30-day-experiment-for-married-couples/](http://resources.life.church/products/30-day-experiment-for-married-couples/).
3. Watch Craig's first message in the *From This Day Forward* series at [www.life.church/watch/from-this-day-forward](http://www.life.church/watch/from-this-day-forward).

## Session 2: Fight Fair

Watch the Session 2 video at [www.go2.lc/ftdf](http://www.go2.lc/ftdf). Use this discussion guide to follow along and take notes during the video. The fill-in-the-blank answer key is located in the back of this guide.

### Talk It Over

How would you evaluate the way you fight as a couple? Do you typically fight fair or unfair? Explain.

*...Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.*

James 1:19-20 NIV84

### God's Rules for Fighting Fair

- Stop to \_\_\_\_\_ carefully.

*...Everyone should be quick to listen...* James 1:19 NIV84

*A fool finds no pleasure in understanding but delights in airing his own*

*opinions.* Proverbs 18:2 NIV84

- Guard your \_\_\_\_\_ faithfully.

*...Everyone should be quick to listen, slow to speak...* James 1:19 NIV84

*Watch your tongue and keep your mouth shut, and you will stay out of trouble.*  
Proverbs 21:23 NLT

1. Never call \_\_\_\_\_.
  2. Never raise your \_\_\_\_\_.
  3. Never get \_\_\_\_\_.
  4. Never say \_\_\_\_\_ or \_\_\_\_\_.
  5. Never threaten \_\_\_\_\_.
  6. Never quote your \_\_\_\_\_ during a fight.
- Handle your \_\_\_\_\_ righteously.

*...Everyone should be quick to listen, slow to speak and slow to become angry...*  
James 1:19 NIV84

*"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.* Ephesians 4:26-27 NIV84

## **Talk It Over**

Recall one of your first fights as a couple. How has the way you fight changed throughout your time together?

## **Living It Out With Dr. Kim: Two Keys to Fighting Fair**

1. Good communication. Good communication connects us, and the more connected we are, the easier it is to fight fair.
2. Listening. Focus on what each other is saying, and respond in such a way that it lets your partner know you're listening.

## Ways to Create an Atmosphere of Trust

1. Warmth. Acceptance of the other person.
2. Genuineness. Your spouse knows what you're saying comes from your heart.
3. Empathy. Walking in your spouse's shoes without stepping on his or her toes.

## Stop, Look, Listen

**Stop** everything you are doing.

**Look** with your entire body.

**Listen** to every word your spouse says, and then use your active listening skills.

## Talk It Over

James 1:19 says: *Everyone should be quick to listen, slow to speak and slow to become angry* (NIV). Which of these three do you do well when you fight, and which do you not?

How did your parents handle conflict in their marriage? How has that shaped the way you handle conflict in your own relationship?

What steps can you take to become a better listener in your relationship?

## Next Steps

1. Watch Craig's second message in the *From This Day Forward* series at [www.life.church/watch/from-this-day-forward](http://www.life.church/watch/from-this-day-forward).
2. Take steps to fight fair in your marriage by doing the two exercises that Dr. Kim discussed: Stop, Look, Listen and Five Steps to a Solution. Set

aside time as a couple to do these two activities. If you are meeting together in a group, you also can take time during your group to do at least one of these activities.

### **Stop, Look, Listen**

Active Listening: Active listening is simply listening to your partner without interrupting and focusing on what they are saying. When they finish speaking, restate what you have heard. Then, if needed, repeat the process.

Exercise: Practice this technique by making a list of two or three things that you wish your partner did for you. Then share your list using Stop, Look, Listen.

- 1.
- 2.
- 3.

### **Five Steps to a Solution**

1. Agree on a time and place to meet where there are no distractions to interrupt you.

Place:

Date:

Time:

2. Agree on the problem, with each person taking responsibility for his or her part in the problem. This is a great time to use Stop, Look, Listen.

Problem:

Male:

Female:

3. Brainstorm and discuss possible solutions. Agree on one solution, and implement it.

Remember: You are solving a problem, not trying to win a war.

Ideas:

Solution:

4. Set a future time to evaluate your progress and make any necessary adjustments.

Place:

Date:

Time:

Solution:

5. Celebrate your success!<sup>2</sup>

### Session 3: Have Fun

Watch the Session 3 video at [www.go2.ic/ftdf](http://www.go2.ic/ftdf). Use this discussion guide to follow along and take notes during the video. The fill-in-the-blank answer key is located in the back of this guide.

#### Talk It Over

Share one of the most fun experiences you've had as a couple. What impact did this experience have on your relationship?

#### Three Types of Fun Every Married Couple Must Enjoy

- \_\_\_\_\_ to \_\_\_\_\_

*How beautiful your sandaled feet, O prince's daughter! Your graceful legs are like jewels, the work of a craftsman's hands. Your navel is a rounded goblet that never lacks blended wine. Your waist is a mound of wheat encircled by lilies. Your breasts are like two fawns, twins of a gazelle. Your neck is like an ivory tower. Your eyes are the pools of Heshbon by the gate of Bath Rabbim...*

Song of Solomon 7:1-4 NIV84

- \_\_\_\_\_ to \_\_\_\_\_

*Come, my lover, let us go to the countryside, let us spend the night in the*

<sup>2</sup> Stop, Look, Listen and Five Steps to a Solution are the copyright of Dr. Kim Kimberling. Used with permission.



villages. Song of Solomon 7:11 NIV84

- \_\_\_\_\_ to \_\_\_\_\_

*Come, my lover, let us go to the countryside, let us spend the night in the villages. Let us go early to the vineyards to see if the vines have budded, if their blossoms have opened, and if the pomegranates are in bloom—there I will give you my love.* Song of Solomon 7:11-12 NIV84

*May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer—may her breasts satisfy you always, may you ever be captivated by her love.* Proverbs 5:18-19 NIV84

### **Talk It Over**

How would you evaluate the level of fun in your relationship?

### **Living It Out With Dr. Kim: Making Time**

Face to face: Face-to-face time is important for wives because they like to be relational and communicate. Face to face puts us in a position where we can look at each other and focus on each other. It is affirming to the wife.

Side to side: Men want their wives to be their companion. Men want their wives beside them, to do things with them and spend time with them. Men want their wives to admire them and affirm them.

Belly button to belly button: If your face-to-face and side-to-side times are good, then you are laying the groundwork for belly-button-to-belly-button time. The best sex ever is in the context of a healthy marriage. Set aside time to enjoy each other. Be intentional, and take your time.

### **Talk It Over**

What fun and romantic things did you do early in your relationship that you might need to start doing again?

What are some of the things that first attracted you to your spouse or future

spouse and caused you to fall in love?

What are some of the things you most enjoy doing together? How have your interests changed throughout your time together?

## **Next Steps**

Having fun is necessary to having a healthy marriage. Take the following steps designed to help you improve in the three types of fun discussed during this session.

1. Plan a date night. Date nights are an important part of having fun in a marriage. Take some time with your spouse to discuss and plan a date night for this week or at least within the next two to three weeks. Don't make this date like any other. Do something different and unique that you both would enjoy. Don't settle for dinner and a movie for this date night. Here are some things to consider while planning your date night.
  - Be creative. Do a little homework, and search out something unique to do.
  - Don't let a limited budget keep you from going on a date. Great date nights can be had without spending a dime.
  - If you have kids, make sure to secure babysitting.
  - Plan a date night that includes good face-to-face time, side-by-side time, and belly-button-to-belly-button time.
  - Search the Web if you need ideas for a great date night.
  - Consider an overnight date or a weekend away if finances and time allow.
  - Use your date night to talk about some of the things you've learned during this series.
  - If you are not already going on dates regularly, use this as an opportunity to talk about how you can make date nights a priority in

your relationship.

2. Watch Craig's third message in the *From This Day Forward* series at [www.life.church/watch/from-this-day-forward](http://www.life.church/watch/from-this-day-forward).
3. Daily Marriage Boosters. Listed below are daily marriage boosters for the next 30 days that are provided by Dr. Kim. These boosters are great ways to show your love to your spouse and will help create an environment of fun in your marriage. Once you finish these marriage boosters, you can find daily boosters from Dr. Kim at his I Want An Awesome Marriage Facebook page, [www.facebook.com/awesomemarriage](http://www.facebook.com/awesomemarriage), or by following Dr. Kim on Twitter at [twitter.com/kimkimberling](http://twitter.com/kimkimberling).

### 30 Days of Marriage Boosters

1. Find one thing to praise your spouse for today.
2. Pray for God to increase your love for each other today.
3. Thank God for your spouse today.
4. Do something unexpected for your spouse today.
5. Send your spouse a "love" text today.
6. Brag on your spouse to someone today.
7. Hide an encouraging note for your spouse to find today.
8. Wear something today that you know your spouse likes you to wear.
9. Pray that your spouse has a great day today.
10. Share a Scripture with your spouse today.
11. Give your spouse a card for no special reason.
12. Compliment your spouse today.
13. Look at your spouse with awe today.
14. Do something really romantic for your spouse today.
15. Say "I love you" in a foreign language to your spouse today.
16. Do a chore for your spouse that he or she hates to do.
17. Spend an extra 30 minutes with your spouse today.

18. Ask your spouse what his or her favorite date with you has been.
19. Take a walk with your spouse today.
20. Make a wish list for your marriage together today.
21. Celebrate God's love for you as a couple today.
22. Try a food together neither of you has ever tried before.
23. Give each other 10 extra kisses today.
24. Ask your spouse how you can serve him or her today.
25. Look at your wedding pictures today.
26. Plan a vacation for just the two of you.
27. Start saving for something you both want.
28. Praise your spouse for their faithfulness.
29. Listen to your favorite music together today.
30. Pray for God to deepen your love for your spouse today. <sup>3</sup>

## Session 4: Stay Pure

Watch the Session 4 video at [www.go2.lc/ftdf](http://www.go2.lc/ftdf). Use this discussion guide to follow along and take notes during the video. The fill-in-the-blank answer key is located in the back of this guide.

### Talk It Over

What are some of the most common types of impurities you've seen try to filter into your relationship?

### Inward and Outward Purity

1. Outward purity: The \_\_\_\_\_.

*But among you there must not be even a hint of sexual immorality, or of any kind of impurity...* Ephesians 5:3 NIV

*Keep to a path far from her, do not go near the door of her house...*  
Proverbs 5:8 NIV

<sup>3</sup> The marriage boosters are the copyright of Dr. Kim Kimberling. Used with permission.

*Flee from sexual immorality... You are not your own; you were bought at a price. Therefore honor God with your body. 1 Corinthians 6:18-20 NIV84*

2. Inward purity: The \_\_\_\_\_.

*How can a young man keep his way pure? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.*

Psalm 119:9-11 NIV84

*But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. Matthew 5:28 NIV84*

### **Talk It Over**

If there is one area of vulnerability that could compromise your purity, what would it be?

### **Living It Out With Dr. Kim: Practical Things You Can Do to Maintain Purity in Your Marriage**

1. Accountability. It is essential, and your accountability partner cannot be your spouse.
2. Think ahead and be proactive in how you will handle certain situations that could compromise your purity.
3. Men should be careful about what they watch and see; women should be careful about what they read.

### **Talk It Over**

What are some specific things you are doing or need to do to seek and maintain purity in your relationship?

Describe a time when you dealt with impurity. How did you deal with it, and what did you learn from your experience?

What outward or inward changes do you need to make to ensure you live a life of purity?

## Next Steps

1. Fight for your marriage by doing all you can to not allow any impurities into your relationship. Here are some practical steps you can take, starting today, to help protect the purity of your marriage from this day forward. Don't be negligent in any of these next steps. Take each of these seriously, and put them into practice if you are not already doing so.
  - Establish accountability partners for both of you. Both men and women need accountability partners. As Dr. Kim said, your spouse cannot be your accountability partner. You should also seek out someone who is strong enough to ask you the tough questions that will help keep you pure.
  - Set boundaries. Carve out some time in the next few days to discuss any boundaries you and your spouse need to set regarding how you interact with the opposite sex. This could include the boundaries you set at work or when you are forced to travel with the opposite sex for your job.
  - Turn off any media that could compromise your purity. Set up content filters on your computers, phones, and tablet devices to help block out content that might compromise your purity. Also considering turning off television channels or removing movies, music, or books you have that could compromise your purity.
  - If pornography is a problem in your marriage, then visit **[www.xxxchurch.com](http://www.xxxchurch.com)** for resources that will help you address this common problem.
2. Watch Craig's fourth message in the *From This Day Forward* series at **[www.life.church/watch/from-this-day-forward](http://www.life.church/watch/from-this-day-forward)**.

## Session 5: Never Give Up

Watch the Session 5 video at **[www.go2.lc/ftdf](http://www.go2.lc/ftdf)**. Use this discussion guide to follow along and take notes during the video. The fill-in-the-blank answer key is located in the back of this guide.

### Talk It Over

Describe a time when you encountered a tough time in your relationship. How did you get through it? How did that experience affect your relationship?

*Some Pharisees came to [Jesus] to test him. They asked, "Is it lawful for a man to divorce his wife for any and every reason?" "Haven't you read," he replied, "that at the beginning the Creator 'made them male and female,' and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'? So they are no longer two, but one. Therefore what God has joined together, let man not separate."*

Matthew 19:3-6 NIV84

## **Sowing and Reaping in Marriage**

*Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.* Galatians 6:7-9 NIV84

1. You reap \_\_\_\_\_ you sow..
2. You reap \_\_\_\_\_ you sow..

## **Talk It Over**

What and where are you sowing in your relationship currently? Are you pleased with your harvest, or do you need to make some changes?

## **Living It Out With Dr. Kim: Putting the Five Commitments Into Action**

1. Begin with focusing on God and making sure we are both seeking Him together. This is the foundation of our relationship.
2. If God is at the center of our relationship, and we truly love and respect each other, then we will fight fair. Having God at the center sets the tone for us to fight fair.
3. If we seek God and fight fair, we are going to have fun. This will also lead to the type of healthy sexual relationship God desires for us.
4. If the sexual relationship is strong, then purity becomes easier for us to achieve. Purity becomes something we value and cherish.

5. When we have all these things in place, it becomes easy to stay committed.

### **Advice on Not Giving up on Your Marriage**

- Marriage is not easy and requires a lot of work, but it's worth it.
- Wherever your marriage is today, it can get better. No matter if your marriage is weak or strong, it can always get better.
- God can work miracles, and He can turn anything around, even the worst of marriages.

### **Final Thoughts**

- Set aside time to communicate each day.
- Couples need a date a week. Hang out at least three to four hours a week.
- Couples need to plan getaways at least twice a year.

### **Talk It Over**

Do you tend to be more selfish or selfless in your relationship?

How have you seen divorce affect your family or the families of those you know?

What are some specific things you've learned from this series that you are going to do to ensure that you never give up on your marriage?

### **Next Steps**

Here are some next step ideas that will help you make these five commitments an integral part of your relationship.

1. Use the 90-Day Marriage Enrichment Calendar (see page 25 to help you be intentional about scheduling time for the important things in your marriage, such as date nights and going to church together.
2. Continue praying and reading the Bible together. Refer back to Session



- 1: Next Steps about the *From This Day Forward* Bible Plan and Dr. Kim's *30-Day Experiment for Couples* devotional, as these are great resources to help you seek God together.
3. Read Dr. Kim's *Secrets of an Awesome Marriage*, which is a short book that features more than 120 short blog devotionals that couples can read together. You can find this at [resources.life.church/products/secrets-of-an-awesome-marriage](http://resources.life.church/products/secrets-of-an-awesome-marriage).
  4. Visit the *I Want an Awesome Marriage* Facebook page at [www.facebook.com/awesomemarriage](https://www.facebook.com/awesomemarriage) and the corresponding website, [www.awesomemarriage.com](http://www.awesomemarriage.com), for additional resources.
  5. Visit [resources.life.church/pcategory/1-marriage-resources](http://resources.life.church/pcategory/1-marriage-resources) for more resources to help you strengthen your marriage.
  6. Watch Craig's fifth message in the *From This Day Forward* series at [www.life.church/watch/from-this-day-forward](http://www.life.church/watch/from-this-day-forward).
  7. If you feel your marriage is in crisis, take the next step of getting help.

Don't give up! Seek help from a friend, family member, or a pastor who


**Month 1**

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**Month 2**

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**Month 3**

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could help you find an appropriate counselor. If you need help, seek it out. Your marriage is worth it.

## 90-Day Marriage Enrichment Calendar

### Answer Key

#### Session 1: Seek God

- God is your one, and your spouse is your two.

I will always seek the One with my two!

#### How Do We Seek God?

- Pray together every day!

#### According to a Marriage Survey...

- Fewer than 8 percent of Christian couples pray together regularly.
- Of those couples who do, fewer than 1 percent divorce.

#### Session 2: Fight Fair

##### God's Rules for Fighting Fair

- Stop to listen carefully.
- Guard your words faithfully.
  1. Never call names.
  2. Never raise your voice.
  3. Never get historical.
  4. Never say never or always.
  5. Never threaten divorce.
  6. Never quote your pastor during a fight.
- Handle your anger righteously.

#### Session 3: Have Fun

## Three Types of Fun Every Married Couple Must Enjoy

- Face to face
- Side to side
- Belly button to belly button

## Session 4: Stay Pure

### Inward and Outward Purity

1. Outward purity: The behavior.
2. Inward purity: The heart.

## Session 5: Never Give Up

### Sowing and Reaping in Marriage

1. You reap what you sow.
2. You reap where you sow.