

Life Group /Reflection Questions

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the key questions, add in any optional scriptures and questions if needed, then wrap up by deciding on your next steps.

Main Idea: *Having a healthy marriage starts with seeking God together, as God is your “one” and your spouse is your “two”.*

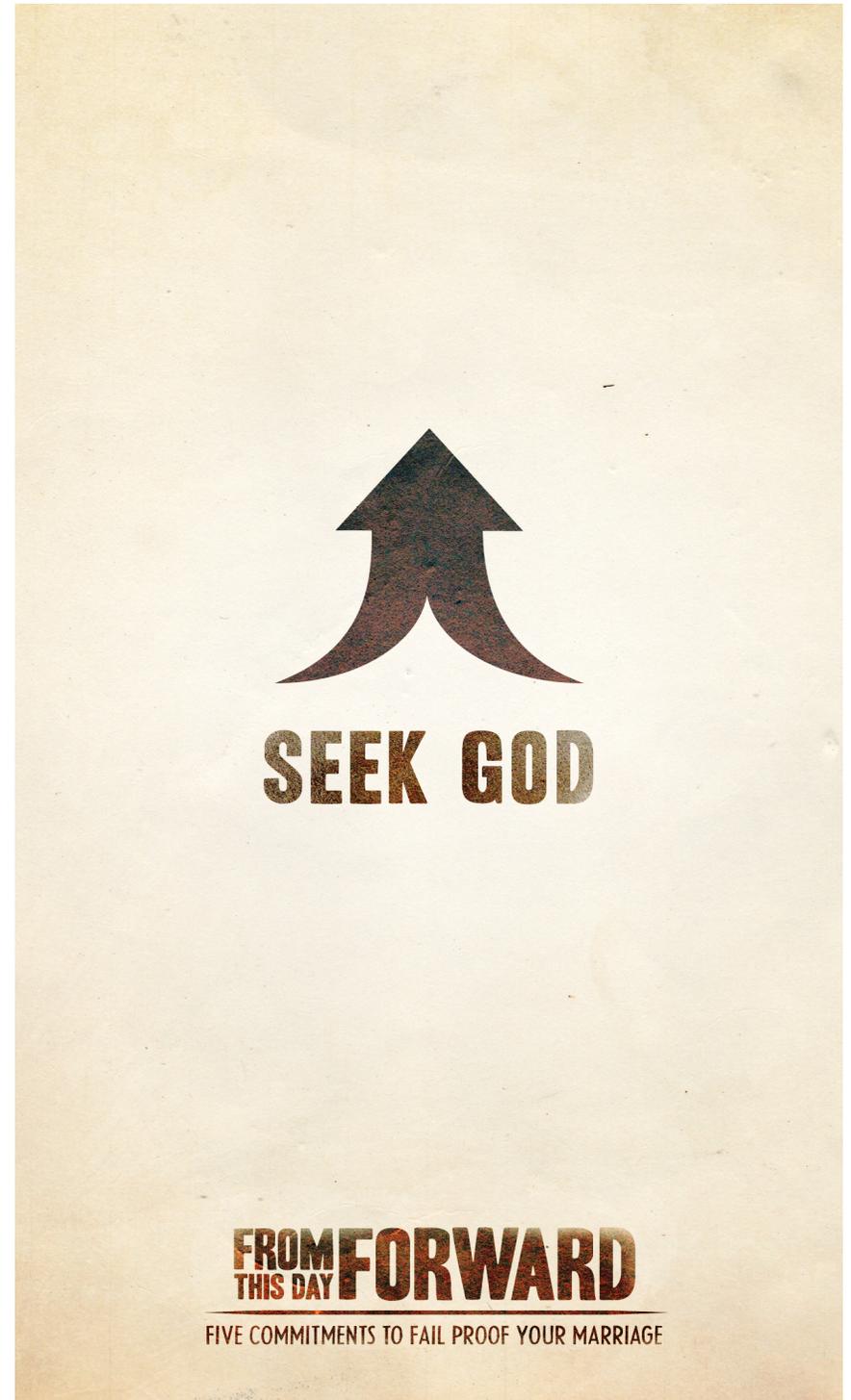
- What’s one idea from the message that really stood out to you? Why did this idea grab your attention?
- Do a reality check: How much of a priority is seeking God together in your marriage? Why?
- Have you ever mixed up your priority and made something else number one instead of God?

Read and discuss Matthew 22:37-40, Psalm 10:4-6, and 2 Chronicles 7:14.

- How would you evaluate the current state of your marriage? Share what’s good and what’s not so good.
- This week we talked about the importance of praying together as a couple. What are some of the benefits you’ve experienced of praying together? If you are not praying together, what’s preventing you from doing so?
- How have you experience the other keystone habits in your life?

Next Steps:

- What’s one thing you will do this week as a result of something you learned from this message?



**From This Day Forward
"Seek God"**

5 Commitments to Fail Proof Your Marriage

- **Seek God**
- **Fight Fair**
- **Have Fun**
- **Stay Pure**
- **Never Give Up**

God is you One. Your spouse is your two.

Matthew 22:36

³⁴ But when the Pharisees heard that he had silenced the Sadducees, they gathered together. ³⁵ And one of them, a lawyer, asked him a question to test him. ³⁶ "Teacher, which is the great commandment in the Law?" ³⁷ And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. ³⁸ This is the great and first commandment. ³⁹ And a second is like it: You shall love your neighbor as yourself. ⁴⁰ On these two commandments depend all the Law and the Prophets."

Single: I will seek the One while I prepare for my two.

Matthew 6:33

³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Married: I will always seek the One with my two

- **The Danger of mixing up our One & our Two: First we idolize then we demonize**

Keystone Habit: How to Seek God Together

Pray Together

1 Chronicles 7:14

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

James 5:16

¹⁶ Therefore, confess your sins to one another and pray for one another, that you may be healed.

Worship Together

Hebrews 10:25

And let us consider how to stir up one another to love and good works, ²⁵ not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

Read God's Word together

Ephesians 5:26

²⁵ Husbands, love your wives, as Christ loved the church and gave himself up for her, ²⁶ that he might sanctify her, having cleansed her by the washing of water with the word, ²⁷ so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish.

2 Timothy 3:16

¹⁶ All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, ¹⁷ that the man of God may be complete, equipped for every good work.

Do life with God

Matthew 18:19-20

¹⁹ "Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. ²⁰ For where two or three gather in my name, there am I with them."