

Marriage Matters
Homework Week 1

▶ Pray about a 1) regular time when you will work on homework
2) setting a good time to talk with your spouse

▶ Review: 1 John 4:7-12 and Matthew 19:16-22

▶ Think About It-

What are some ordinary moments in your marriage?

What are some aggravations, conflicts, or disappointments that happen repeatedly, are there any thoughts and feelings that are common to all of them?

Have you asked God for help? If so, have you seen a change? If not, how do you make sense of that?

Do you wrestle with feelings of abandonment, anger and hopelessness?

**Think of one of the ordinary moments in your marriage-
How could you change just one thought,
attitude, word or action
to make God's love more visible?**

How would it change your attitude if you knew that God was loving and supporting you as you work to make His love visible?

If Jesus were to evaluate your relationship with God, based on how you treat your spouse, how would you score?

In what ways would you do well and how do you need to improve?

Can you name some blind spots in the way you love your spouse?

Take the time to think about ways your spouse needs to be loved that you've missed or neglected.

Ask your spouse how if there are ways they'd like you to love them more.

**What things in your life do you value more than loving your spouse?
or even God himself?**

When are you tempted to turn away from God?

When do you feel like loving your spouse or God costs too much?

 Some times I, Sudy, am tempted to turn away or feel that the cost is too high, when I am either hungry, angry, lonely, or tired.

Have you ever heard of H.A.L.T. ?

Don't deal with difficult issues when you are...

Hungry

Angry

Lonely

Tired

 Suggestions for learning more about how your spouse may feel loved.

Take the 5 Love Languages Test- It's a great way to discover ways you personally feel loved and you can also see how your spouse scores. This may also give you a window into how to love your spouse.

<https://www.5lovelanguages.com/quizzes/love-language>

 Take time to share with your spouse in whatever you feel comfortable.