

# RESTORING THE JOY OF MARRIAGE

Various Bible Passages

# CELL GROUPS

Use Anytime With Your Group

## STEP 1: READ THIS INTRODUCTION TO YOUR GROUP

Regularly checking in on what's going on between you and your spouse is one of the best things you can do for your marriage. Most married couples operate under the assumption that no news is good news. They think that if their spouse were struggling in some area of the marriage, they'd know about it. But that's not necessarily the case. What you're experiencing in your marriage right now may differ significantly from what your spouse is experiencing. If that's the case, you need to know about it. The discussion is simple, but it's not easy. To make the most of this conversation, you'll have to open up to your group. You'll have to begin to let them inside your life. Your Cell Group loves you and wants to help you be more like Jesus in your marriage. That's why we made this discussion guide.

Several of you have watched [Brant and Amy Hambly's Saylorville Story](#). It's a story of pain and restoration, failure and forgiveness, and hope for couples everywhere. The uniqueness of the Hambly's story isn't that it happened, it's how they responded to what happened. Maybe you were touched by something you heard in the video. Or maybe you were convicted of sin in your own marriage. Let's take a few minutes to do some preventative marriage maintenance together.

## STEP 2: READ THESE PASSAGES WITH YOUR GROUP

- Read Psalm 32
  - What sticks out to you most from this passage?
- Read Psalm 130:1-4
  - What sticks out to you most from this passage?
- Read Ephesians 4:25-32
  - What sticks out to you most from this passage?

## STEP 3: DISCUSS THESE QUESTIONS WITH YOUR GROUP

- **What is working in your marriage right now?**
  - Tell your group about an especially joyful time in your marriage.
- **What challenges are you facing in your marriage right now?**
  - Are you willing to work on your marriage?
  - Are there warning signs that you may be on a path that leads to a place you don't want to end up?
  - Is there anything that you've been hiding from your spouse?
  - Do you need to ask forgiveness, or grant forgiveness, to your spouse?
- **What can this group do to help you work through those challenges?**
  - Instead of working on your marriage alone, what is your plan to include others to help you?

## STEP 4: PRAY TOGETHER AS A GROUP

- Spend the remainder of the meeting praying for one another. Pray for each couple in the group. Pray specifically about the challenges each couple brought up during your discussion.

## STEP 5: ENCOURAGE YOUR GROUP

- Encourage couples to talk about these questions on their ride home:
  - What did you think and feel during the group discussion?
  - What can we do to help and support each other during our current challenges?
  - What do we need to ruthlessly cut out of our lives right now?
- Encourage couples to use the questions on the next page to continue the discussion on their own.

## **10 Questions Every Husband Should Ask His Wife Every Year**

1. What can I do to cause you to feel more loved and cherished?
2. How can I best demonstrate my appreciation for you, your ideas and your role as my wife?
3. What can I do to assure you that I hear and understand your heart's desires?
4. What can I do to make you feel absolutely secure?
5. What can I do to insure that you have confidence and joy in our future direction?
6. What attribute or practice would you like to see me develop or improve? Is there something in my life you would prefer I eliminated?
7. What attribute would you most like to develop in yourself? How may I help you in the best possible way?
8. Is there some accomplishment in my life that would bring joy to your heart?
9. What would indicate to you my desire to be more like Christ?
10. What mutual goal(s) would you like to see us accomplish together?

## **10 Questions Every Wife Should Ask Her Husband Every Year**

1. What would you say are the most important goals we should have for our marriage and how may I help you achieve them?
2. In terms of my earthly relationships, do you believe I am clinging to any person other than you?
3. Are you aware of the presence of any sin in our family that either of us is excusing, enabling, and thereby approving?
4. Do you feel I honor you in every way as head of our home?
5. How can I make myself more physically attractive to you?
6. In your deepest heart, do you trust me? Why or why not?
7. What can I do to make our house more of a home for you?
8. How may I better reflect to you and others a spirit that is gentle and quiet?
9. Is there any action or habit in my life that signals a lack of fear for the Lord?
10. How may I best demonstrate my respect for you?