



WEEK 3 – MARRIAGE: LIFE GROUP RESOURCES:

1. The "Bag of Expectations" The sermon talked about how we bring a "bag of hopes, dreams, and desires" into marriage that quickly become expectations. Whether you're married or not, what are some expectations you've brought (or might bring) into a significant relationship? How have unmet expectations created conflict in your relationships?

2. Healthy Me = Healthy We Pastor shared the quote "Healthy Me = Healthy We." What does it mean to have a healthy relationship with God first? How does putting God at the center of your life change the way you approach other relationships—whether marriage, dating, friendships, or family?

3. From Golden to Platinum Jesus elevated the "Golden Rule" (love your neighbor as yourself) to the "Platinum Rule" (love one another as I have loved you). Read **John 13:34-35**. How did Jesus love His disciples? What does it look like practically to love someone "as Jesus loved you" rather than just "as you love yourself"?

4. Mutual Submission The sermon emphasized that Ephesians 5:22 must be read with verse 21: "Submit to one another out of reverence for Christ." Why is mutual submission so countercultural—both in the first century and today? How does this understanding change the typical interpretation of these verses?

5. The Submission Competition Pastor said marriages should be in a "submission competition"—each spouse trying to out-serve the other. For those who are married: What would it look like this week to "undergird" and support your spouse? For those who are single: How can this principle of sacrificial service apply to your other close relationships?

6. Husbands: Love Like Christ Read **Ephesians 5:25-26** again. Paul's command to husbands would have been shocking in the first century. What does it mean for a husband to love his wife "as Christ loved the church and gave himself up for her"? How does this sacrificial standard challenge cultural ideas of masculinity and leadership?

7. Personal Application The sermon ended with this challenge: "What would it look like if we stopped focusing on expecting our spouse to meet our expectations and began to love them the way Jesus loved us? "Take a moment to reflect silently, then share: How can you serve, support, or love someone in your life this week the way Jesus has loved you?"