

Chapter 3: The Challenge of Commitment

Awareness: What's true? What's happening?

1. When you get married, your spouse becomes your primary family over parents and siblings. Why is this transition often a difficult battle for young couples (and their parents)? Read Genesis 2:24 and Ephesians 5:31. Some translations use the term “hold fast” to describe the marriage relationship, but other translations use the word “cleave.” Discuss the imagery that “cleave” invokes and how that imagery should impact decisions you make as a married couple.
2. Christian couples must run from cultural norms that undermine commitment. What are some obstacles to commitment and fidelity that plague marriages during dating? After marriage? What safeguards have you (or should you) put in place to protect your marriage from these obstacles?
3. Pornography and romance novels are silent killers that create lustful environments, destroying commitment and seeking personal gratification over the well-being of the spouse. Sometimes healthy habits or hobbies can become unhealthy when pursued at the expense of your spouse. What content, hobbies, or habits in a home could allow pleasure for one spouse, while excluding the other? What new activities could replace them, creating new experiences that strengthen the marriage commitment?
4. “Find My iPhone” and “Life360” are examples of hyper-monitoring that can rob a couple of joy. Where is the line between healthy “accountability” and unhealthy “surveillance” in a marriage?
5. Commitment doesn't limit freedom—it creates it. Where trust is strong, paranoia dies. How does total commitment free you from fear?
6. After the honeymoon fades, marriage often settles into the ordinary—which is sometimes messy and hard. But “the grass is greenest where the dogs do their business.” How does that reshape the way you see the everyday parts of your marriage?
7. In Practical Application, we read about commitment and rhythms. Consider whether your home is a museum—clean, controlled, and untouchable—or a laboratory—messy, alive, and full of memories. What would it look like to create space for real life to happen in your home this week?

Fighting For Your Family Discussion Guide

8. Strong marriages don't happen by accident—they're built on intentional rhythms. How could simple, consistent habits (like dinners, date nights, or shared activities) create space for you to navigate challenges together instead of drifting apart?

Ownership: Where does this show up in my or our life?

1. Healthy marriages require clear boundaries. Where have you had to draw lines with your family of origin to protect unity in your home? Where is that still difficult?
2. Family cultures aren't inherited—they're built. What traditions are shaping your home right now? What intentional rhythms do you need to start to create the kind of family you want?

Action: What are we going to do about it this week?

1. What is one specific action you can take this week to strengthen your marriage and protect your commitment?
2. Storms will come. Identify activities that strengthen your marriage commitment and family bonds. Which one could you implement this week, or even today?

Anchor Points

- Genesis 2:24: "Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh."
- Proverbs 18:22: "He who finds a wife finds a good thing and obtains favor from the Lord."
- 1 Corinthians 7:4: "For the wife does not have authority over her own body, but the husband does. Likewise, the husband does not have authority over his own body, but the wife does."

Weekly Challenge

Have a date. Identify a block of time (at least 3 hours) where you remove distractions (TV, phone, computers, kids, errands, etc.) and spend time together as a couple doing something that you both enjoy (taking a walk, working on a hobby, visiting a new place). During this time, do not discuss work, kids, extended family, or decisions that need to be made. Focus on goals and dreams for the future, fears, shared memories, etc.