

## **Week 6: Fighting for Holiness**

Discussion: What practical steps did you discuss to help you intentionally create time together and to strengthen your relationship? Did you schedule time for one another (this week, this month, and/or this quarter)? How are you planning to protect that commitment?

### **Awareness: What's true or what's happening?**

1. Marriage is not just about who you are today, but who you are becoming—and who you are helping your spouse become. God uses husbands and wives to shape one another spiritually and grow one another in Christlikeness. How has your spouse specifically helped you grow in character since you've been married?
2. Read Proverbs 31:10–31 for a picture of the ideal woman. Women, which of these traits comes more naturally to you? Which ones are most challenging? How has your husband helped cultivate, encourage, or strengthen those qualities in you over the course of your marriage?
3. Behind the Proverbs 31 woman must also be a Proverbs 31 husband—a man who leads with humility, creates a sense of security, speaks life, fears the Lord, and helps his wife flourish practically and spiritually. Men, which of these traits comes more naturally to you? Which ones are most challenging? How are you intentionally helping your wife become more like Christ?
4. The person who loves you most sees you at your best and worst. Read Colossians 3:12–19. Describe a time when you failed or hurt your spouse, yet they responded with grace and love. Is there a current situation where God is calling you to respond with Christlike love instead of returning hurt for hurt?
5. How does the strength-training analogy (muscles tearing to grow) help you view stress and strain in marriage differently? Describe a stressful season in your marriage. In what ways did it strengthen or weaken your relationship? What can you do now to better prepare for future stress and intentionally create times of rest, connection, and recovery together?

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

6. Your actions have a profound effect on the spiritual life of your spouse. What are some practical ways you can carry the load (errands, cooking, yard work, laundry, kids, etc.) this week to provide space and time for your spouse to pursue Christ personally?
7. Bearing one another's burdens helps couples grow together in holiness. Discuss ways to confront one another that are not mean-spirited or discouraging. Discuss why physical presence and prayer are encouraging and supportive during seasons of spiritual attack.

## Fighting for Your Family Discussion Guide, Week 6: Fighting for Holiness

- Holiness doesn't happen on its own. You will not naturally drift toward holiness. What boundaries do you already have in place to protect yourself and your home from inviting in sin? Are there areas that need additional boundaries? Discuss plans to implement or increase boundaries for yourself and your family.

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

- What does it look like to pursue Christ together without it feeling like it's just another item on the to-do list? How can you plan to pursue Christ together this week?
- Regular reminders of commitment build trust, security, and intimacy in marriage. What are meaningful ways your spouse communicates their commitment? Share with your spouse the habits, words, or actions that help you feel loved and secure. How can you communicate commitment more intentionally, especially during stressful seasons? Consider creating a simple "commitment cheat sheet" together as a practical reminder of how important it is to regularly communicate love and commitment to one another.

### **Key Verses for Study**

- Ephesians 5:25** Husbands, love your wives, as Christ loved the church and gave himself up for her.
- Proverbs 31:11-12:** 11 The heart of her husband trusts in her, and he will have no lack of gain. 12 She does him good, and not harm, all the days of her life.
- Colossians 3:12-14:** 12 Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, 13 bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. 14 And above all these put on love, which binds everything together in perfect harmony.
- 1 Peter 3:1:** Likewise, wives, be subject to your own husbands, so that even if some do not obey the word, they may be won without a word by the conduct of their wives.

### **Application for the Week**

#### **The "Behind the Back" Blessings**

First, talk positively about your spouse behind their back by praising them to a friend, a child, or a family member.

Second, carry the load. Identify one chore or stressor that usually falls on your spouse and handle it silently so they can have 30 uninterrupted minutes to spend with the Lord in prayer, Scripture, or resting in the Lord. Communicate that the purpose of this gift of time is not merely relaxation but helping create space to pursue Christ together. Afterward, take a few minutes to share what encouraged or refreshed each of you spiritually.