Before You Get Started

Welcome to the *A Lifelong Love* video experience with Gary Thomas. Whether you're single, an engaged couple, newly marrieds, or a couple who’s been married for years, our hope is that this series will challenge you to create and build a marriage centered on the lifelong love of Jesus Christ.

If you are leading a group through this study, here are a few things you should know before you get started:

1. Take some time in advance to watch the sessions and read and consider the questions in this guide. Think through some of your own personal examples that will help encourage group discussion. As you watch the video, you may also come up with questions that speak more directly to the needs of your group that aren't included in this guide.

2. Before you begin the video, set the audio at a comfortable level and make sure everyone can see the screen.

3. These video sessions are from *A Lifelong Love* Conference and are based on Gary Thomas’s book *A Lifelong Love*. You can purchase *A Lifelong Love* [here](#) for Gary’s full content.
SESSION 1: A Magnificent Obsession

INTRODUCTION:

Today's session will ask, “How do two people, so different, grow together in marriage?” It will urge couples to consider whether or not their marriage is based on the lifelong love of Jesus Christ. The guiding Scripture is Matthew 6:33:

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

Watch Session 1: A Magnificent Obsession (29 minutes)

Gary said it’s common to try to treat the symptoms of a difficult marriage rather than the cause. Instead of wrestling through their various frustrations and challenges in marriage, he encouraged couples to take a look at their foundation.

Is Jesus Christ Lord of your marriage? Is that an easy or difficult question to answer? Why do you say that?

What challenges, frustrations, or difficulties in your marriage do you and your spouse tend to focus on?

“Stop polluting your marriage with little things.”

Gary told a story about a time when Lisa, his wife, disrupted his flying routine at the airport. He said our anger, insecurities, and hidden sins suddenly appear when our spouses disrupt things we like about ourselves: our routines, spontaneity, various tendencies. These sins then tend to push our spouse away.

What’s something unique about you that you feel your spouse often disrupts? What’s your common response out of frustration?

“We mess up our marriages when we make too much of them.”

Read Matthew 6:33.

Gary said that we have to care more about God’s Kingdom than our Kingdom. In other words, Jesus Christ is more important than our marriages.

How would seeking God’s kingdom first in your marriage change the way you interacted with and treated your spouse? Why do you think that’s the case?

“We were made for more than each other.”
Gary said one of the biggest problems he’s seen with marriages is that spouses get bored with each other. The truth is, though, no spouse can keep us from getting bored. Only by focusing on and investing in the kingdom of God and His righteousness can we be free from boredom and a small-minded, selfish life. There’s no way we can get bored with all that God has to offer!

**In what ways have you experienced boredom, selfishness, or small-mindedness in your marriage?**


Scripture shows us what a “bigger” life looks like. We will have a much more satisfying marriage when we focus on how we can make our spouses happy, rather than how they can make us happy.

**What are some ways you and your spouse can have bigger lives and a bigger marriage by seeking God’s kingdom together? What are some things you could do individually to grow closer to Christ? What are some kingdom-minded things you could do for each other?**

Matthew 6:33 calls us to not only seek God’s kingdom, but also to seek His righteousness. Gary said that as couples are actively seeking the righteousness of Christ, they are dying to the things that destroy most marriages and building qualities that serve a marriage.

**What are some things you’d like to see die in your marriage?**

**What qualities would you like to build in your marriage?**

Read 1 John 3:1.

In Christ, we are all God’s beloved children. Gary said one of the things that transformed his marriage was thinking of God not only as his Heavenly Father, but also as his Heavenly Father-in-Law. He now sees Lisa not only as his wife, but also as God’s daughter.

**Have you ever thought of your spouse as God’s son or daughter? How might your marriage change if you did?**

**How do you think God feels about the way you treat His son or daughter? Do you think you make Him joyful or sad? Why do you say that?**

Our marriages matter to God. We are married to His sons and daughters. At the same time, above all else, we are called to seek God’s kingdom and righteousness. Keep in mind today what’s meant to be at the center of your life and marriage.
SESSION 2: Bigger Than You Think

INTRODUCTION:

Today’s session will challenge couples to look beyond the “here and now” of marriage and consider the eternal implications of how they treat one another. The guiding Scripture is Colossians 3:23-24:

“All whatever you do, work at it with all your heart, as working for the Lord, not for man, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.”

Watch Session 2: Bigger Than You Think (27 minutes)

Gary opened this session by telling a story about a time when his wife inconvenienced him before a particularly busy weekend. After getting frustrated with her, he found himself getting increasingly inconvenienced over the next few days of his trip. God seemed to be questioning him and wondering just how concerned Gary really was with how he treated Lisa, God’s daughter.

Share a time when your spouse inconvenienced you. How did you respond?

Often when we are inconvenienced in our marriage, we react in unloving ways. We say hurtful things, withhold sex, complain, give our spouse the silent treatment, etc. Over time, these habits become routine and the natural ways we interact with our spouse.

Do you have some common reactions to your spouse that are hurting your marriage? If so, what are they?

Read Colossians 3:18-19.

Colossians gives some helpful guidelines for how husbands and wives should treat each other. Husbands, in particular, have been commanded to love their wives and not be harsh with them. *Gary talked briefly about domestic violence and said it’s never OK for spouses to be violent.

Have you ever felt convicted by God that you’re not obeying His commands to love and honor your spouse? What have some of the “signs” been?

Gary offered a helpful perspective in thinking through the various ways we treat our spouses out of habit. He said we should consider how we would feel if our children were being treated the same way we treated our spouses. Does that shift your thinking at all? If so, how? Does it make you want to make any changes?

“We’re happiest when we’re investing in something greater than ourselves.”

*If you are in a verbally, physically, emotionally, or sexually abusive relationship, now is the time to seek help. Find a trusted friend or authority and tell them your story.
Gary said we aren’t meant to look at our marriages in terms of how they convenience or inconvenience us. Our marriages are meant to be an act of worship. As we give to our spouses, encourage them, lift them up, and love them selflessly, we are offering our very best to God in reverence for Him. And in turn, God richly rewards us. As Matthew 6:33 says, “Seek first his kingdom and his righteousness, and all these things will be given to you as well.”

Read Ephesians 6:7-8, Romans 2:6-11, and 2 Corinthians 5:10.

Gary said God—both now and in eternity—richly blesses and rewards those who invest in their marriages and kingdom purposes. What rewards have you experienced in your greatest moments of marriage? What rewards have you received after enduring difficult seasons in your marriage? What rewards does Scripture promise you for eternity?

Gary finished his talk referencing a story about Kevin and Karen Miller who wrote a book called *More Than You and Me*. Kevin and Karen talked about three hungers in marriage:

- Companionship
- Raising children
- Joint-fulfilling service

After experiencing a somewhat listless season in their marriage, they experienced a revitalization when they began serving a youth ministry together. Their investment in God’s kingdom did wonders for their marriage because they were cooperating and doing something significant together. They were “married with a mission.”

**What joint-fulfilling service are you and your spouse involved in? In what ways is raising children a ‘joint-fulfilling service’? In what ways can raising children collapse into an act of self-absorption?**

If you’re not involved in any joint-fulfilling service, consider praying for God to reveal ways you and your spouse can serve God’s kingdom together.


As they served God in their marriage, the Millers described their relationship as being “arm-and-arm and heart-to-heart.” Wouldn’t it be great to be able to describe your marriage in that way? Wherever you are as a couple now, find some ways to look “above and beyond.” God might have bigger and better plans for your marriage than you can even imagine!
SESSION 3: Building a Marriage That Lasts

INTRODUCTION:

Today’s session will encourage couples to avoid “downward drift” and be intentional in building intimacy in their marriages. The guiding Scripture is Jeremiah 31:4a:

“I will build you up again and you will be rebuilt.”

Watch Session 3: Building a Marriage That Lasts (31 minutes)

Gary said there’s a difference between driving a Mercedes and driving a Fiat Punto on the autobahn. In the same way, there’s a difference between a happy, intimate marriage and a frustrated, difficult marriage. The difference is faith, intention, connectedness, and effort.

If you were to describe your marriage honestly, would you say it’s more like driving in a Mercedes or a Fiat Punto? Somewhere in the middle? Why would you say that?

If your marriage were to be like driving a Mercedes, what would it look like?

“Good marriages don’t just happen.”

Gary said a lot of couples think of marriage as planting a tree: There’s a lot of work on the front end, but once it gets going, it can take care of itself and still grow. What tends to happen with this kind of thinking, though, is that marriages tend to drift…downward.

Think about when you first were dating, engaged, and then married. Can you think of ways you thought your effort during that time would sustain your relationship for the long haul? How did that work out?

In what ways have you experienced downward drift in your marriage? What different factors do you think led to those drifts?

Instead of planting a tree, marriage is more like building a house: You put it together, brick by brick. And God, the Master Builder, is able to build an incredible marriage for you. He wants to do that for you.

Read Jeremiah 31:3-4a.

Scripture assures us that God can build and rebuild us and our marriages. Do you believe God is able to do that for you? What, if anything, makes it difficult to believe that?
The imagery of building is throughout Scripture. Jesus was a carpenter, and God was detailed in having Solomon build His temple in the Old Testament (See 1 Kings 6). Just as He cared about the details of the Temple long ago, God cares about the details of our marriages today. He cares that we create safe homes for our children and cherish each other as God’s sons and daughters.

**What would you like to build into your marriage, home, and family life? What kind of “house” would you like your marriage to look like?**

Gary said the reason most marriages fail or drift is because couples don’t establish marital intimacy early on. They’ve settled for artificial intimacy, which is often built on:

- Infatuation and sexual chemistry
- Planning a wedding
- Planting a home
- Raising children

**Do these sound familiar? In what ways have you felt close to your spouse during these various seasons of your marriage? In what ways have you felt distant from each other as these different seasons have come and gone?**

“Sometimes we give our kids more attention than we should.”

As you think through these various seasons—particularly raising children if you have them—what percentage of your time would you say you have spent concerned with them, versus focusing on your marriage?

**What other seasons or circumstances threaten your marital intimacy? (It might help to think through the busyness of your day. What seems to always take attention away from your spouse?) Take some time to talk with your spouse about how these distractions make each of you feel.**

Infatuation, weddings, houses, children, and other things we are committed to aren’t bad things. God certainly wants us to enjoy these things, but in and of themselves, they don’t establish genuine marital intimacy. Genuine marital intimacy depends on how each spouse consistently acts as a married person.

**What are some steps you can begin taking today that will ensure you make your marriage a priority? What is the potential danger if you don’t work more intentionally to build a happy and lasting marriage?**

Spend some time praying for your marriage and for your spouse.
SESSION 4: “I Do, and I Will.”

INTRODUCTION:

Today’s session will offer practical guidance to help couples build a happy and lasting marriage. It will challenge them to embrace a new perspective and act intentionally in love. The guiding Scripture is James 2:14, 17:

“What good is it, my brothers, if a man claims to have faith but has no deeds?…faith by itself, if it is not accompanied by action, is dead.”

Gary suggested four spiritual practices to help couples with what he calls, “I Do, and I Will.”

1. Increase the honesty.
2. Have a blessing mentality.
4. Say to yourself, “I was born for this.”

“If you’re not honest with each other, you’re not intimate with each other.”

On a scale of 1-10, how honest would you say you are with your spouse? Is there anything you haven’t hold him or her? What kinds of things or details do you tend to keep from your spouse? Why do you keep those things from him/her?

What are some big and small ways you see dishonesty as a threat to your marriage or other marriages you know? Why do you think we are so afraid to tell the truth?

Gary said that intimacy is being fully known and accepted. What scares you about being fully known?

“How can I bless you?”

Having a blessing mentality means spouses are more concerned with how they can please or bless each other than having their own needs met. What needs to change in you so that you can have more of a blessing mentality? What are some ways now you can begin blessing your spouse regularly?

What would your marriage look like if you and your spouse both committed to blessing each other rather than focusing on your own individual needs? What do you think that shift would do to the love you have for each other?
Killing spiders is getting rid of certain things or behaviors that bother or are a stumbling block for your spouse. Spiders may or may not be biblically wrong, but killing them shows sensitivity and understanding to your spouse. It says, "I want to mold my life around you. I want to be close to you."

**What is difficult about killing spiders?**

"You married a spouse with a real past."

**What are some spiders you would like your spouse to kill for you? Why do you want him/her to kill those particular spiders?**

**Which spiders do you sense you may need to kill in order to show more sensitivity to your spouse? Make a plan to talk about the spiders in your house and pray about what you each are willing and ready to give up for each other.**

"I was born for this" is a very counter-cultural, challenging attitude to have in marriage. Weaknesses and inadequacies are suddenly no longer seen as inconveniences or reasons to leave, but rather as opportunities to grow closer together and imitate Christ’s love.

"I was born for this" stands in opposition to the world’s message of, "I didn’t sign up for this." **What are some things you “didn’t sign up for” in your marriage?**

Gary told a beautiful story about Robertson McQuilkin and his wife, Muriel. Robertson stepped down as president of Columbia Bible College to take care of Muriel full-time when her health began to deteriorate due to Alzheimer’s. His love for her was a flesh-and-blood example of “for better, for worse, for richer, for poorer, in sickness, and in health.”

**Have you ever thought through or experienced the “for better, for worse, for richer, for poorer, in sickness, and in health” part of your wedding vows? If so, what have those seasons done in or to your marriage? If not, what could “worse, poorer, or sickness” potentially look like for you down the road?**

**In what ways might your marriage be strengthened if you lived as if you were born to support and be there for your spouse when times were their hardest?**

Gary concluded his talk saying that the goal of a marriage is to consistently and thoughtfully show each other, “I am yours.” **What is one way you can show your spouse that today? Tomorrow? Consider making a plan to show them every day.**
SESSION 5: The Spirituality of Sex

INTRODUCTION:

Today’s session will encourage couples to enjoy and share an increasingly intimate and rewarding sexual relationship throughout their life. It will share how the gospel preserves, redeems, enhances, and protects a couple’s sexual relationship. The guiding Scripture is Song of Songs 5:1b:

“Eat, O friends, and drink; drink your fill, O lovers.”

Watch Session 5: The Spirituality of Sex (31 minutes)

Gary’s talk wasn’t a “How-to” message on sex. He talked about what’s spiritually going on in sex and how Christians can preserve the right attitude about it.

What stood out to you in Gary’s message? What were your greatest takeaways? What initial fears, if any, do you have about diving into this topic?

Gary said, in general, a lot of Christians feel like they’ve gotten an F in sex. Do you agree with that? In what ways do you think Christians have failed when it comes to sex? In what ways, if any, do you think you’ve failed?

Just like other areas of marriage, if left unattended to, a couple’s sex life can be jeopardized over time. Lying, hidden shame, guilt, embarrassment, and other unresolved issues can creep into the bedroom, and couples can grow in resentment toward one another and toward the very act of sex itself.

* “Sex is like a Lego set.”

While a Tonka truck is about power and excitement, a Lego set is about the fun of learning how to put something great together and then tearing it down only to rebuild it into something else great.

What do you think about the analogy of sex as a Lego set? Have you experienced “putting together” your sex life in marriage and then finding the need to tear it down and rebuild? What contributed to your desire to rebuild? If you haven’t “rebuilt” in awhile, do you see a need to? Why or why not?

What changes have you experienced in your sex life due to changes in your bodies, relationship, and life seasons or circumstances? To what extent have you talked openly with your spouse about how these changes have affected your physical intimacy?

“Spiritual ills begin to poison a couple’s physical relationship.”

Gary said couples tend to grow resentful about their sex lives because sex used to be easier—there wasn’t as much physical or emotional work associated with it. Over time, we begin to look at sexual desire through the lens of the Fall, not Creation, and believe Satan’s lies about sex. **What spiritual ills have you experienced influencing your sexual relationship?**

There is both a positive and negative correlation between sex and people’s overall wellbeing. **Share a time when your sex life was particularly intimate. How would you describe how you felt overall during that season of your marriage? Do you have any negative experiences with sexual intimacy? If so, how has that affected your overall wellbeing? (This can include times lacking intimacy, sexual violence, pornography, or other things that come to mind.)**

Gary encouraged openness and honesty in couples’ sex lives. Sex is intended to free couples, unite them, give them their desires, and energize them both. Satan uses this truth, though, puts it up against them, and creates lies that threaten couples’ intimacy.

**In what ways have you seen or experienced the intentions of sex perverted?**

“**Sex is powerful and with purpose.**”

Gary said sometimes Christian couples assume sex is something they can do without in marriage. **Why is that a dangerous way of thinking?**

Read Song of Songs 1:1-9 and 5:1.

Gary encouraged Christian couples to care about their sex lives as much as God does. Scripture shows us that sex is powerful, with purpose, and an end in itself. It is meant for pleasure and mutual satisfaction in marriage: a “morally permissible love ecstasy.” **What do you think about that description? Does it make sense to you? Does it make you feel uncomfortable in any way? Why or why not?**

**Do you often think that God delights in married couples’ sexual relationship? Why or why not?**

There is no reason to be afraid, ashamed, or shy when it comes to sex with your spouse. God designed sex to be intimate, fun, and full of grace for both of you, so enjoy it, talk about it, and make it the best it can be.
SESSION 6: God’s Design for Sex

INTRODUCTION:

Today’s session will describe God’s design for sex. It will challenge couples to embrace a counter-cultural message about sex and strive for the intimacy of a generous and exclusive sexual relationship. The guiding Scripture is Proverbs 5:18-19:

“May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer—may her breasts satisfy you always, may you ever be captivated by her love.”

Watch Session 6: God’s Design for Sex (48 minutes)

Read Proverbs 5:18-19.

Women, what would it mean to you to have your husband “rejoice” in you? Men, do you often “rejoice” in your wife and let her know? Why or why not? What captivates you about her love?

Gary said that the fight to recover a Christian view of sex isn’t a fair one. Our culture sends all kinds of sad and dangerous messages about appearance, sex, power, and pleasure in the bedroom. Still, Christians need to fight. He shares two important truths when it comes to sex:

1. Christian sex is about giving.
2. Christian sex is designed for radical exclusivity.

“Christian sex is about giving.”

While our world is immersed in pornography directed toward men’s pleasure and celebrates men in power over women, the biblical worldview is actually that women would be prized and pleased too.

Is your sexual life currently one of giving? Why or why not?

What challenged you about Gary’s teaching on sex as giving?

Men, what can you do to be more giving toward your wife in sex so that she receives more pleasure? What needs—physical, emotional, or otherwise—might she have that you’re not meeting?

Women, do you honor your husband’s desire for sex? What can you do to be more sensitive to your husband’s strong male sexual drive so that you give him what he needs in sex?

Gary talked quite a bit about the contrast between power and vulnerability in sex. He said we need to learn how to deal with power appropriately in our sexual relationship. We also need to understand how vulnerable God has made couples to each other. Gary referenced Jesus who had immense power, but always used it to serve.
What are some ways you feel called to greater vulnerability with your spouse?

With whatever power you have in your marital relationship as husband or wife, do you feel like you utilize that power generously or selfishly? What are some ways you can give more generously to your spouse?

“Christian sex is designed for radical exclusivity.”

Gary encouraged couples to “study” only their spouses and be devoted to pleasing only them. This, again, stands in stark contrast to the way culture defines sex.

What do you think are culture’s biggest lies when it comes to sex and monogamy? In what ways, if any, do you as individuals or as a couple struggle to resist those lies?

What value do you see in radically exclusive sex within your marriage? In what ways does it fight the culture’s norm with regards to sex?

“Let your wife define beauty for you.”

Wives, how would it make you feel to be assured of your husband’s desire for only you? Husbands, what would it mean for you to be the only one your wife wants?

What final things do you think are important for you and your spouse to address when it comes to your sexual relationship? What evil needs to be cut out? What passion or kindness needs reigniting?

What steps can you take to ensure positive and more intimate changes in your sex life?

Take some to pray about these things together and plan some time alone without your kids.
SESSION 7: Your Greatest Need

INTRODUCTION:

Today’s session will share the biblical priority of what matters most in life and challenge couples to prioritize love. The guiding Scripture is John 13:34-35:

“A new command I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another.”

Watch Session 7: Your Greatest Need (29 minutes)

“Why did you get married?”

Gary said his original expectation of marriage was far from what God’s expectation turned out to be. In what ways has marriage been similar to and different from what you expected?

Read Colossians 3:14, 1 Peter 4:8, and John 13:34-35 to recap Scripture’s greatest commands from Paul, Peter, and Jesus himself.

We tend to think our greatest need in life and marriage is to be loved. Instead, Scripture says our greatest need is to grow to be more loving in the love that God has already given us in Christ.

Why did you get married? How has that turned out for you? What selfish motivations can you admit to having when you got married?

Have you ever thought about God’s love being the love that’s meant to satisfy you? On a scale 1-10, how satisfied would you say you are with that love? Why do you say that number?

What are some ways you can begin to grow in God’s love for you so you don’t depend too heavily on the love of your spouse?

“For Christians, a weak love is not enough.”

Read 1 John 4:7-12 and 2 Thessalonians 1:3.

Aiming to love, rather than be loved, is a challenging call for married couples because we never “corner the market,” or master, love. There are always more ways to love. Gary said that Christians need to become people who love and increase in that love because we follow Christ.
Do you think people would describe your marriage as one of love? Why do you say that? In what ways do you as a couple show the world you love each other, versus letting people simply assume you love each other?

In what ways, if any, are you increasing in love? Are there some things you can begin doing to show more love to each other? If so, what?

“If Jesus is Lord, I must love.”

Gary talked about “absolute benevolence,” which describes the way God loves us. God doesn’t love us because we’re smart or kind or have good jobs; He loves us just because He loves us. It’s wise to begin loving our spouses in the same way—not because of the way they look, or how they make us feel, or what they do for us, but just because we love them.

What challenges you about that notion of love? How does it set a high standard for how you treat your spouse?

What’s freeing about that notion of love? How would it make you feel to know your spouse’s love for you was unconditional?

Gary closed his message talking about his friend, Dan, and his family who went skiing. When Dan was at his very worst, filled with anger, his wife chose not to rebuke him, but instead to call out the best in him. Though he had been acting badly, she looked him in the eye and said, “You’re a good man.”

What might the equivalent of that story be in your life and family? Husbands, what good would you like your wives to call out in you? Wives, in what ways would you like your husbands to praise you?

It’s a choice: we can strive to be loved and look out only for ourselves, or we can choose to love our spouses in kind and thoughtful ways. When we choose love and love the way Christ loves us, we are able to enjoy the full benefits of marriage.
SESSION 8: Biblical Love

INTRODUCTION:

Today’s session will dig deeper into the notion of biblical love and challenge couples to meet each other’s needs in benevolent and thoughtful ways. The guiding Scripture is John 15:12-13:

“My command is this: Love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends.”

Watch Session 8: Biblical Love (23 minutes)

“Slow and steady beats big and sweaty.”

Have either one of you—husbands or wives—ever been guilty of “big and sweaty”? What was your intention in your extravagant effort or conversation?

Gary told a great story about a man who makes the bed for his wife every day. What difference do you think that simple gesture has made to his wife and their marriage?

What stories of “slow and steady” do you have? What difference do they make in how you feel or how your marriage is blessed?

Gary also shared the story of a woman whose husband shared big and extravagant intentions to find a new job, but his actions were very different. Rather than actually looking for a job and interviewing, he spent his time playing video games. This is an obvious area of neglect. Can you think of similar or more subtle ways you’ve “talked a big talk” but haven’t exactly “walked the walk” in your marriage? Feel free to name specific examples.

What do you think are some of the common reasons we neglect the needs of our spouses?

What obvious, or maybe not-so-obvious needs does your spouse have, and how can you selflessly begin to meet those needs? What are some ways you can act with love over and over again in order to meet those needs and create greater desire for your spouse?
“Love isn’t desire; it creates desire.”

Gary said desire isn’t love. Desire is often a part of romantic love that is filled with expectations. As he shared in the last session, biblical love is “absolute benevolence,” loving your spouse just because you love them. It’s the love of God, who loves us just because He loves us. Ironically, it creates desire.

Can you think of times when you have stopped acting out of love, and over time, your heart for love hardened? What was that like for you? Your spouse?

Gary shared the story of Krista and Caleb, the wife and the soldier who spent two great weeks together before Caleb had to return to service overseas. What challenged you about that story? What inspired you?

Read Proverbs 3:27.

Scripture clearly calls Christians to act out of love and kindness. What needs to change in your marriage when it comes to doing genuine acts of kindness and goodness for one another? (Consider the story of Krista and Caleb and Gary’s “secret service” suggestions.)

What good are you willing and able to do for your spouse? What do you imagine the impact would be if your spouse began to do good for you?

Gary said God becomes particularly real when we love selflessly. How might your love for God grow as you learn to love your spouse more?

What difference do you think it would make if married Christians were known across the globe as people who loved selflessly the way Christ himself loved?

You have all you need for a lifelong love. You have, first and foremost, the love of God in Christ. You also have a spouse who God calls you to love. As you offer your marriage in service to Him, continue to do good, bless your husband or wife, and let your marriage be a source of strength for you and the world around you.