

Become Your Best US

WEEK 2



BOTTOM LINE

THE BEST WAY TO PROTECT YOUR US IS TO ENJOY YOUR US.

Now then, my sons, listen to me; do not turn aside from what I say. Keep to a path far from her, do not go near the door of her house, lest you lose your honor to others and your dignity to one who is cruel.

PROVERBS 5:7-9

READ THIS BEFORE YOU WATCH THE VIDEO

Every couple has probably thought or said these words at some point, 'We should do more of that.' And the majority of the time, it's after you did something fun.

Whether it was a night out with close friends, dinner and a movie or zip-lining, there's something about fun that reminds me of how much we enjoy one another and life. We all want more of it, we know we should have it, so what keeps us from it?

Let's watch this video and find out how to get serious about having more fun in our marriage.

But before we dive in, we have a few rules. These are pretty important. We want to make sure everyone communicates in a way that is healthy. Here are the rules of engagement:

Rule One: No labels. Take off any labels you've placed on your marriage—good, bad, ugly, hopeless, perfect, pressured-to-be-perfect . . . whatever. Just take them off.

Rule Two: No nudging. No matter how much you might feel your spouse needs to work on what you're hearing and discussing, no elbows or eye-rolls allowed.

Rule Three: No rejection. If your spouse makes a loving move in your direction, do everything in your power to receive it.

DISCUSSION QUESTIONS

1. TELL YOUR SPOUSE ONE THING YOU FIND FUN ABOUT HIM OR HER.
2. DO YOU TEND TO TREAT FUN IN YOUR MARRIAGE AS ESSENTIAL OR EXTRA? WHY DO YOU THINK YOU VIEW FUN THAT WAY?
3. ON A SCALE OF 1 TO 10, WITH "1" BEING "RARELY" AND "10" BEING "ALL THE TIME," HOW OFTEN DO YOU AND YOUR SPOUSE HAVE FUN TOGETHER?
4. DOES THE IDEA OF SCHEDULING FUN SOUND STRANGE TO YOU? WHY OR WHY NOT?
5. WHAT ARE SOME THINGS THAT KEEP YOU FROM HAVING FUN AS A COUPLE? WHAT IS ONE THING YOU COULD DO AS A COUPLE TO BEGIN TO PRIORITIZE HAVING SERIOUS FUN IN YOUR MARRIAGE?
6. WHAT ARE SOME WAYS YOU COULD ADD A LITTLE FUN TO EVEN THE MONOTONOUS THINGS IN EVERYDAY LIFE THAT JUST COME WITH BEING A GROWN-UP?
7. READ PROVERBS 5:18: "MAY YOUR FOUNTAIN BE BLESSED, AND MAY YOU REJOICE IN THE WIFE OF YOUR YOUTH". HOW DO YOU THINK YOUR MARRIAGE MIGHT BE DIFFERENT IF YOU WERE ABLE TO CONSISTENTLY REJOICE IN YOUR WIFE/HUSBAND?